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REEL GUYS TAKE A LOOK AT FILMS THAT MAKE THEM FORGET ABOUT THE SNOW PAGE 15

Suspect sought

Ottawa police deploy a special team to catch a sex predator they believe is behind three attacks that go back to August 2012 PAGE 3

From Ottawa to Bhutan

Local prof tackles epilepsy superstition in the South Asian kingdom PAGE 6

Young figure skating fans get ready to watch their heroes

Milestone. Skate Canada's National Skating Championships celebrate their 100th anniversary in Ottawa this weekend

DENIS ARMSTRONG
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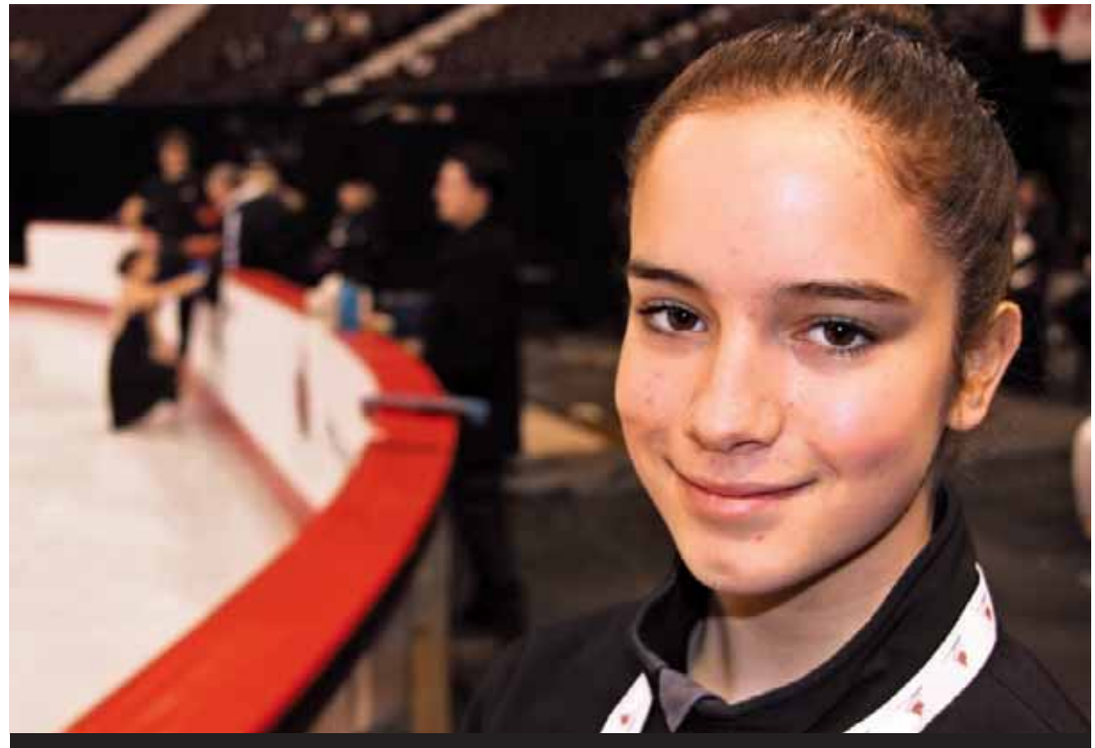
Quoted

"These athletes can skate circles around any hockey player, and they do it with drama and creativity. Canadian figure skating has never been better."

Debbi Wilkes, silver-medal winning champion at the 1964 Winter Olympics



Young figure skater Chantal Prouse is volunteering as an ice patcher for Skate Canada's National Skating Championships, being held this weekend at the Canadian Tire Centre. DENIS ARMSTRONG/FOR METRO

Chantal Prouse isn't a household name right now. Neither is Nathaniel Cooper or Kharis Ralph and her partner Asher Hill, for that matter.

But they all share a dream of becoming champion figure skaters one day.

For now, Prouse is just happy to be a small part of the Skate Canada National Skating Championships this weekend at Canadian Tire Place, even if it's just to patch the ice between skaters.

And with 250 of the country's best skaters vying for a spot on the National team, Prouse and her crew are busy.

At 14, the Orleans native has already been figure skating for 10 years, but this year, things are going to get a lot more serious when she moves from the STARSkate recreational skating league into the more serious competitive ranks.

"I'm nervous, but only because I love to do it," Prouse says. "Skating is hard work but it's taught me a lot about myself, about leadership and being organized, and how I can become an artist on ice. I love to dance to the French can-can. I'm excited to be here and watch the skaters perform. It's like going to a new Broadway musical every 10 minutes."

It's 100 years since Skate Canada hosted its first national competition right here in Ottawa, so it seemed appropriate that an organization so fiercely proud of its heritage should return to the nation's capital for an important anniversary.

Stars such as Elvis Stojko, silver medallist Elizabeth Manley and 2010 Olympic bronze medallist Joannie Rochette were joined by mayor Jim Watson, Ottawa Senators president Cyril Leeder and Skate Canada brass to provide the sizzle at Thursday's media preview while downstairs, three-time defending World Champion Patrick Chan and Canadian medallist Kevin Reynolds practiced their routines and signed autographs for the fans.

"They're in a class all their own, rock stars in the skating world," Debbi Wilkes, the silver-medal inning champion at the 1964 Winter Olympics in Innsbruck, Austria said while watching from the stands.

"These athletes can skate circles around any hockey player, and they do it with drama and creativity. Canadian figure skating has never been better."

FOR MORE ON THE CHAMPIONSHIPS, GO TO PAGE 25.

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Level train crossings

City to improve safety after crash

The city of Ottawa has been told to undertake a series of steps to improve safety at all level train crossings that intersect OC Transpo bus routes.

Employment and Social Development Canada made the directive Thursday as a result of the September collision between a bus and a VIA train that killed six people and injured others. The directive was announced in a note from city solicitor Rick O'Connor to city council.

While the city already moved to improve sight lines at the crash site and undertook other safety measures, O'Connor said in an email to Metro that the city must assess whether similar work should be done at other level crossings in the city.

SEAN MCKIBBON/METRO

Home destroyed

Communities pull together for family

Two communities are pulling together to assist a family who lost their home to a fire on New Year's Day.

The Greely Community Association and Riverside South Community Association are helping organize a benefit dance on Jan. 18 at the Greely Community Centre from 7 p.m. to 1 a.m.

The event will feature auctions and a live band.

The blaze destroyed the Lystiuk family's bungalow home at 6986 Shields Dr. The family is currently staying with relatives.

An investigation continues into what caused the fire. SABINE GIBBINS/METROLAND NEWS SERVICE

Do you think you know this person?
These are two artist renderings of a single suspect connected to three linked sexual assaults in the City of Ottawa

Ottawa police based these sketches on evidence from three women who were sexually assaulted. While police believe they were all attacked by the same suspect, the two sketches represent different interpretations of the victims' description of their attacker. OTTAWA POLICE SERVICE

Cops release sketches of sex assault suspect

Three incidents. Linked cases each involve young women walking alone at night who were choked

JOE LOFARO
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Ottawa police have devoted a special team of officers to catch an alleged sexual offender they believe is linked to at least three sexual assaults dating back to August 2012.

During a news conference at police headquarters Thursday afternoon, police chief Charles Bordeleau unveiled two composite sketches depicting the same male suspect. Investigators are looking at 10 unsolved sexual assaults, but evidence only links the sketches to three incidents.

Although the seven other incidents are similar in that they involve women walking alone at night, they are not linked to the three incidents. What sets the three cases apart is that they involve women between the ages of 18 and 30 who were walking alone prior to the attack and were choked.

"The individual may show a preference for this type of behaviour in his personal and intimate relationships," police said in a news release.

The first linked case occurred on Aug. 5, 2012 after a woman was walking home near Banner Road. The second was on June 26, 2013 near a footpath between Lancaster Road and Erinbrook Crescent, and the third was on Oct. 7, 2013 near Aldea Avenue and Lasalle Street.

The incidents occurred between 9:50 p.m. and 3 a.m.

The suspect is described as possibly of Middle Eastern descent, with short dark hair, who spoke English and possibly a foreign language, between ages 20-30, measuring between five-foot-nine and five-foot-11, with a slim to medium build, trimmed facial hair, thick eyebrows and a prominent nose.

According to some witness statements, he takes care of his appearance and is a neat or fashionable dresser. In the most recent case, he was described as toned, with an athletic build with broad shoulders.

"If you suspect anything based on the descriptions, based on certain traits that are exhibited in the two composites, give us a call," said Sgt. Richard Dugal.

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Desjourdy. No rules means no rule broken: Lawyer

Defence lawyer Michael Edelson says there is no evidence to suggest Ottawa Police Sgt. Steve Desjourdy discredited his force when in 2008 he let a female prisoner sit in a cell half naked in urine-soaked pants for more than three hours, after he snipped her bra and shirt off as she struggled with officers.

Edelson told a disciplinary hearing Thursday there was no policy then or now that stipulates how long a prisoner can sit naked before being offered some form of clothing. Desjourdy was acquitted on sexual assault charges related to the incident in April, but now faces an internal hearing to determine if his actions amounted to discreditable conduct under the Police Services Act.

"There is no requirement in the policy or the procedure or any directives as to the timing as to when a blue suit will be given to anybody," Edelson told adjudicator Robert J. Fitches during his closing arguments Thursday afternoon. "In effect, my client is being prosecuted in these proceedings for breaching a nonexistent time limit."

Prosecutor Bob Houston tried to show how Desjourdy's testimony from 2008, when helping prosecutors pursue assault charges against the woman, is inconsistent with his claims today — that he never gave her a "blue suit" because he feared she was going to kill herself.

At the woman's 2010 trial, Desjourdy never mentioned suicide concerns and only said other admin tasks kept officers too busy to get her temporary clothing.

"The credibility of Sgt. Desjourdy is in the centre of this entire matter. The policy is clear: She was to be given a coverall," Houston contended. "Sgt. Desjourdy, bluntly, has no credibility."

If found guilty of misconduct, Desjourdy could face a demotion to constable. A decision is expected April 8.

TREVOR GREENWAY/METRO

Quoted

"Sgt. Desjourdy, bluntly, has no credibility."

Prosecutor Bob Houston

From left: Ottawa Police Association president Matt Skof, Sgt. Steve Desjourdy and defence lawyer Michael Edelson walk out of the final day of an internal disciplinary hearing Thursday. TREVOR GREENWAY/METRO

Ottawa shooting. Suspect nabbed by Montreal cops

A wanted suspect in an east Ottawa shooting last week who was on the lam has been arrested by police in Montreal.

Ottawa police say Mitch Kalil, 31, was arrested by Montreal's North Division Guns and Gangs unit Wednesday evening.

Kalil was wanted following a shooting at approximately 2:20 p.m. in the 1000 block of Cummings Avenue on Jan. 5. He faces an attempted murder charge.

A woman was sent to hospital with non-life-threatening injuries. Her condition is unknown.

In an effort to catch the suspect, Ottawa police released a photo of Kalil, but warned the public that he was considered armed and dangerous and a risk to public safety.

On Monday, police said they had located a 2008 Range Rover believed to belong to him. It is still being held by investigators.

Kalil is expected to be brought to Ottawa to face his charges. **JOE LOFARO/METRO**

Ottawa firefighters respond to an early-morning fire in Chinatown that displaced at least a dozen residents at 257 Booth St. in November 2013.

COURTESY JEAN LALONDE/OTTAWA FIRE SERVICES FILE

Can't take the heat? Well neither can they

Aging firefighters. Study shows resilience in heat is mental, not physical

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Older firefighters nearing the end of their careers might think they can take the heat, but a new study suggests otherwise.

The Journal of Occupational and Environmental Hygiene published a report on the impacts of heat stress on firefighters compared to non-firefighters.

One might assume that seasoned blaze-battlers are biologically better adapted to hot habitats than their average-Joe colleagues, so Glen P. Kenny tested that theory.

The professor at the School of Human Kinetics at the University of Ottawa studied two groups of 51-year-olds: One group of firefighters and another group of equally physically fit non-firefighters.

He led both groups through intensive exercises while exposed to heat and he measured their physiological responses, including core temperatures.

The results surprised him.

"Firefighters and non-firefighters have the same thermal and cardiovascular response (to heat)," said Kenny. "The only difference is their perceived level of physical strain."

So while seasoned firefighters may think they can take the heat — and psychologically be more comfortable breaking a hot sweat than a non-firefighter — their physiological responses do not differ from others their age.

Kenny said this perception is a "two-edged sword."

Firefighters should be more psychologically resilient to heat — after all, their jobs require running into burning buildings. But, they might not realize they are just as susceptible to dehydration and fatigue as non-firefighters. They might take more risks, which can lead to injuries.

Kenny said he wanted to study an older age group because, as we age, we lose the ability to dissipate heat. Since firefighters usually retire at about 60 years old, he targeted 51-year-olds.

Kenny said his findings mean there needs to be better industry guidelines for aging employees who work in the heat — not just firefighters, but construction and road workers too. The Ottawa Fire Service said it would have to review the study before commenting on it.

"We have to protect our older workforce," he said.

Allegations match in sex assault cases: Crown

Testimony from two intellectually disabled women who say a hospital security guard sexually assaulted them is too similar for the accused to be innocent, a Crown prosecutor suggested Thursday.

The Crown, Suzanne Schriek, drew parallels between the victims' allegations as she cross-examined the accused man, Clinton Russell.

In October a jury convicted the 44-year-old of sexual assault and sexual exploitation of a person with a disability in relation to a 20-year-old patient at The Ottawa Hospital. In that case the woman said she was brought to a hospital lounge and forced to perform oral sex on Dec. 23, 2011.

Now, in his second trial Russell is facing the same charges in relation to another patient who was 18 at the time of an alleged incident in the summer of 2010. The second complainant alleges Russell brought her to a bathroom to perform oral sex in exchange for four cigarettes and a toonie.

Russell admits meeting the women, but denies the sexual activity.

Schriek put to Russell that both women said there was a conversation about Russell being married, but that his wife didn't mind him seeing other ladies and both women described him removing his pants and underwear, Schriek said.

The trial continues Friday.

JOE LOFARO/METRO

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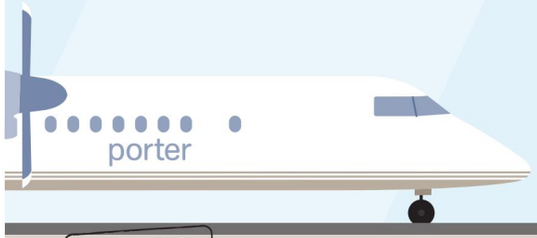

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Epilepsy superstition? There's an app for that

Tech. Thousands of people in Bhutan are undiagnosed and a U of O neurologist wants to help change that

LUCY SCHOLEY
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In remote and rural Bhutan, epilepsy is commonly misdiagnosed as the work of demons or evil spirits.

A University of Ottawa professor is hoping to change that perception in the South Asian kingdom and other developing countries with a new screening device that will allow health-care workers to easily diagnose seizure disorders with a mobile-phone app.

"Many countries can't afford the big equipment or they don't have the space," says Dr. Farrah Mateen, a neurologist and faculty member of both the University of Ottawa and the Massachusetts General Hospital at Harvard Medical School. She's the lead researcher on the app.

It's among the 22 new projects totalling $7.7 million that Grand Challenges Canada is expected to announce Friday. The not-for-profit organization supports innovative tech projects in developing countries and is fully funded by the Canadian government.

The mobile app comes with a headset equipped with 14 electrode leads that plug into a phone and measure brainwaves. It's portable and its developers say it's easy for health-care workers to use.

Mateen targeted Bhutan because it is poor, has a history of being insular as it's surrounded by India, China and Nepal. In the entire Kingdom of Bhutan, There's just one electroencephalography (EEG) machine, the standard device for testing epilepsy, and there are no neurologists and only two psychiatrists.

Apart from the lack of resources, it's also difficult to convince people to seek assessments, partly because of the cultural misconception that epilepsy is spread through saliva and evil spirits.

There are just under one million people in Bhutan and about 10,000 people have epilepsy, most of who are undiagnosed, according to Grand Challenges Canada.

"If it does work in Bhutan, it will work in many places," says Mateen. "I think it can have vast implications in rural society."

The device costs $300, which is much cheaper than the $1,500 for a standard EEG machine.

Since 2011, Grand Challenges Canada has funded 48 projects totalling $28 million addressing mental-health issues and brain disorders in developing countries. Those projects include the 22 to be announced Friday and half concern mobile phone technologies.

Software developer Arek Stopczynski is pictured here being tested for epilepsy with a portable electroencephalography device in Bhutan. CONTRIBUTED

"Mental health is as much a problem in global health as malaria," says Dr. Peter Singer, CEO of Grand Challenges Canada. Apart from addressing global issues and branding Canada as an innovator, he says these projects could also directly help solve mental-health problems within the country.

Mateen's next step is to continue pioneering tests of the technology and integrate the device into Bhutan culture.

Security tech wows at trade show

Like any good dad, Russell Ure wanted to make sure his two adult daughters returned home to their apartments safely at night.

He started searching for home security systems but found nothing suited to renters.

So the founder and CEO of Ottawa-based engineering design startup Blacksumac created Piper, a smartphone home security system that allows users to keep an eye on their homes with an Internet connection and mobile phone.

The device won a design and engineering award at the Consumer Electronics Show (CES) this week.

"It is humbling," said Ure in a phone interview from Las Vegas, where the CES is underway.

Ure says his device undercuts the home security systems out there.

"There is no technology right now … that has integrated security system, smart-home controller and wide-field-view camera."

Piper's panoramic camera provides a "wall-to-wall, ceiling-to-ceiling" view of the rooms that you can check out from your smartphone.

It also detects when a window or a door has opened and it can turn on the lights wirelessly.

There is no monthly subscription fee — it costs just $260 for the device — and it does not involve the hassle of rewiring a house, which, he says, landlords can be hesitant to do for their renters.

Piper also smashed its $100,000 fundraising goal on Indiegogo last September, raising $300,000.

Ure says Piper has even earned a bit of attention from Apple. He demonstrated the product to an Apple employee at CES, though he says he didn't realize it at the time.

So far Blacksumac has sold several thousand Pipers, and Ure says his next step is to sell it at major retailers in North America and Europe.

LUCY SCHOLEY/METRO

Russell Ure, founder and CEO of Ottawa-based engineering design startup Blacksumac, won an award for his smartphone home-security device at the Consumer Electronics Show (CES) this week. CONTRIBUTED

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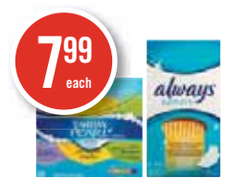

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N.B. train derailment.
Investigators find cracked wheel, broken rail at site

A preliminary investigation into a fiery train derailment in New Brunswick has found a cracked wheel and broken rail at the site but it's too early to say what caused the train to leave the tracks, a senior investigator with the Transportation Safety Board said Thursday.

Guy Laporte said he has had limited access to the scene of the wreckage because of a fire that has been burning since Tuesday night. The CN freight train was carrying crude oil and liquefied petroleum gas when it derailed in Wapske.

CN spokesman Jim Feeny said the company believes a wheel and axle failure was the cause of the derailment based on its preliminary investigation, but Laporte said it's premature to determine that.

Derailed train cars burn near Plaster Rock, N.B., on Wednesday. TOM BATEMAN/THE CANADIAN PRESS

"It is too early to say what the cause is and contributing factors of this accident might be," Laporte told a news conference Thursday in the village of Plaster Rock, near the derailment site.

THE CANADIAN PRESS

N.J. governor apologizes to mayor for his staff's 'stupidity'

New Jersey Gov. Chris Christie, second left, arrives at Fort Lee, N.J., where he travelled to apologize in person to Mayor Mark Sokolich. Moving quickly to contain a widening political scandal, Christie fired one of his top aides Thursday and apologized repeatedly for the "abject stupidity" of his staff, insisting he had no idea anyone around him had engineered traffic jams to get even with a Democratic mayor. RICHARD DREW/THE ASSOCIATED PRESS

New rule. Companies must report fracking chemicals discharged into ocean

Oil and gas companies that are fracking off the Southern California coast must report chemicals discharged into the ocean under a new rule released Thursday by federal environmental regulators.

The U.S. Environmental Protection Agency published the requirement in the federal register, and it will become effective March 1.

The move comes after a series of stories last year revealed at least a dozen offshore frack jobs in the Santa Barbara Channel, and more than 200 in nearshore waters overseen by the state of California.

Hydraulic fracturing, which involves pumping huge amounts of sand, water and chemicals deep underground to release oil, was conducted with no separate environmental analysis of the fracking chemicals on the sea surroundings, and little or no oversight.

"This requirement was added in response to recent concerns regarding the potential effects of discharges of fluids used for offshore hydraulic fracturing operations," the EPA said in its notice.

THE CANADIAN PRESS

Experts say Wright could be let off hook

Senate expense scandal. RCMP's focus on criminal charges could help PM's former chief of staff avoid legal consequences

Nigel Wright could avoid facing legal consequences for his central role in the Senate expense scandal if the RCMP remains focused strictly on possible criminal offences, parliamentary law experts say.

They believe the surest route for prosecutors against Prime Minister Stephen Harper's former chief of staff is an obscure section of the Parliament of Canada Act.

But so far, the Mounties do not appear to be considering it.

Documents filed in court show the RCMP is intent on proving Wright, along with Sen. Mike Duffy, is guilty of bribery, fraud and breach of trust, as spelled out in the Criminal Code. Wright personally gave Duffy $90,000 so that the senator could pay back disputed living expense claims.

For Rob Walsh, former law clerk for the House of Commons, the Wright-Duffy transaction appears on its face to be a clear violation of Sec. 16 of the Parliament of Canada Act.

Walsh said he believes it would be easier to secure a conviction under the act than under any of the Criminal Code provisions cited thus far by the RCMP. Indeed, he doubts criminal charges could be made to stick in relation to the Wright-Duffy deal.

"The evidentiary burden I think is less (under the act) and, to that extent, it ought to be an easier task to prosecute," Walsh said in an interview. THE CANADIAN PRESS

Sec. 16

The act specifies that no senator shall receive "any compensation, directly or indirectly," for services rendered in relation to any bill, contract, controversy, accusation or other matter before the Senate, House or any committee.

- The act further stipulates that it is an "indictable offence" to offer compensation to a senator, punishable by up to one year imprisonment and a fine of $500 to $2,000.

Firebomb attack

Fate of 2 Canadians held in Mexico still unclear

Two Canadian women detained in Mexico City in connection with a firebomb attack are still waiting to learn if they will face criminal charges or be set free.

Mexican officials say authorities are currently considering the firebombing an act of vandalism, but that the ongoing investigation could lead to serious criminal charges against the Canadians.

THE CANADIAN PRESS

U.S. national security

Obama weighing options on NSA's phone program

U.S. President Barack Obama is still grappling with key decisions on the future of the National Security Agency's phone collection program, lawmakers said Thursday.

Obama is expected to back tighter restrictions on foreign leader spying and is considering stripping the NSA of its ability to store telephone records from millions of Americans.

THE ASSOCIATED PRESS

Over $1.7B spent on Cyclone buying plan

More than $1.7 billion has already been spent on the elusive effort to upgrade Canada's helicopter fleet, internal documents show, providing a clue as to why the Harper government is sticking with the troubled program.

In the aftermath of an independent report last fall on the beleaguered plan to buy the CH-148 Cyclone choppers as replacements for Canada's aging Sea King fleet, the government acknowledged it was looking at other aircraft, even going so far as to meet with other manufacturers.

Documents show the money went towards "acquisition progress payments" and "in-service support set-up." The nearly decade-long program has delivered just four test helicopters that National Defence has refused to formally accept.

Cancelling the program was clearly not an option, say critics who accuse the Conservatives of perpetrating a charade with its consultations last fall.

Spending so much money and having virtually nothing to show for it would have caused untold political damage, especially among a frustrated Conservative base still reeling from the ongoing Senate expense scandal.

"It would have been a bigger blow to them, to their base, than the F-35 situation," said NDP defence critic Jack Harris.

"I am certain that politics was part of the calculations."

THE CANADIAN PRESS

Cyberbullying can ruin — or end — lives, campaign says

Stop Hating Online. MacKay and Rehtaeh Parsons's father stress mindfulness at launch

HALEY RYAN
Metro in Halifax

A crowd of more than 100 students listened quietly as Glen Canning talked about how much damage sharing a private photo can have on someone's life during the launch of a new anti-cyberbullying campaign on Thursday.

Canning spoke at Halifax's Fairview Junior High School alongside Justice Minister Peter MacKay, who said the point of the awareness campaign is for parents and children to know when cyberbullying crosses into illegal territory with the distribution of intimate pictures.

"Please stop and just think about it. Think about how hurtful and harmful that could be," said Canning, father of Rehtaeh Parsons.

Parsons died after taking her own life last April, following what her parents say was months of bullying after an explicit photo was spread around her school.

"You could really end somebody's life," Canning said.

The campaign, Stop Hating Online, will appear around the country in a new commercial, which shows teens sharing a private photo via cellphone before a police officer places them under arrest.

MacKay said it's important to get the message across to kids that sharing intimate photos isn't just wrong, but could change their own lives forever by putting them in jail.

Ever-present

"It's extreme. It doesn't end. It's everywhere."

Fairview Junior High School student Amanda Jamieson, 14, on cyberbullying.

While some have criticized the proposed federal law on distributing images without consent by saying it gives police too much power, MacKay said it's important to modernize the Criminal Code.

He said police would go through a judge to obtain a warrant to search online messages and records, so there are safeguards in place.

"Given the very real and devastating effects of cyberbullying, we have to do something and we have to do it quickly," MacKay said.

Justice Minister Peter MacKay arrives with his wife Nazanin Afshin-Jam and son Kian at Fairview Junior High School in Halifax on Thursday. MacKay announced a national campaign to stop cyberbullying. ANDREW VAUGHAN/THE CANADIAN PRESS

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LA CITÉ
LE COLLÈGE D'ARTS APPLIQUÉS ET DE TECHNOLOGIE

The Vancouver 2010 Winter Olympics: Defeat, triumph, tragedy and the weather

"Basically all four years lead to one second that can screw you all up."

Canadian ski jumper Stefan Read on failing to qualify for the main competition.

"We have all seen ... how close victory and failure and disaster is together."

Three-time luge gold medallist and German coach Georg Hackl on the death of Georgian luger Nodar Kumaritashvili in a Feb. 12 training crash.

"If 80,000 girls (in Canada) are playing 267 (in Slovakia), that's the 18-0."

International Ice Hockey Federation president Rene Fasel on the state of women's hockey.

"The snow, we bring it in and the warm weather it comes and it disappears."

VANOC spokeswoman Renee Smith-Valade on the rescue of Cypress Mountain's freestyle skiing and snowboarding venues.

"If I could have done this job with a paper bag over my head I probably would have."

VANOC CEO John Furlong on being a public figure.

"These were excellent and friendly Games!"

IOC president Jacques Rogge

Lessons from an old flame

Whether it was the fatal luge crash at Whistler's too-fast sled track, the spring-like weather, or the opening ceremony cauldron malfunction, Vancouver's 2010 Winter Olympics had a dismal start. But they enjoyed a strong finish because red mitten-clad Canadians poured into the streets to cheer on their athletes. But when it comes to a mega-event's legacy, host cities want more than smiles, high fives and happy memories. They want infrastructure, jobs and investment. With the 2014 Winter Games starting next month, Metro looks at Vancouver's Olympic legacy, which could serve as a warning — or hope — for both Sochi and Toronto, host of the 2015 Pan American Games

BOB MACKIN
For Metro in Vancouver

The Olympic cauldron during the Vancouver 2010 Winter Olympics on Feb. 19, 2010, at left, and earlier this year. LEFT: HARRY HOW/GETTY IMAGES FILE; RIGHT: JENNIFER GAUTHIER/FOR METRO

THE PITCH

During his B.C. premiership, Gordon Campbell was the biggest salesman for the Vancouver 2010 Winter Olympics.

He claimed it would add $10 billion to the province's economy and he boldly challenged the tourism industry to use the Games to double its revenue. Governments also tried to use the Games to spark domestic and international trade and investment, but the 2008 global economic crisis got in the way.

During the boom-and-bust, bid-to-hosting cycle between 2000 and 2010, Campbell's B.C. Progress Board found B.C.'s economy, personal income and jobs rankings fell behind other provinces and social conditions remained static at ninth overall.

TOURISM FALLS SHORT

Through 2012, tourism was a $13.5-billion industry, unlikely to reach Campbell's $18-billion wish by 2015.

"Even though it received a boost from the 2010 Olympic Games, the province's tourism sector has not kept pace with the rest of the economy over the longer run, as growth in 2011 and 2012 has been well below the average in other industries," according to a Destination B.C. report.

Since 2007, tourism expanded 4.5 per cent, which is below the 6.1 per cent for the overall economy and the 7.8 per cent for the service sector.

Buoyed by a record Olympic February, Vancouver registered 8.415 million hotel stays in 2010, far below the 2007 record of 8.91 million. For 2012, the most recent year available, Vancouver counted 8.34 million room nights.

A BOOM FOR REAL ESTATE

Greater Vancouver homebuilding and buying boomed. The population has swelled by 100,000 since January 2010. The Economist Intelligence Unit named Vancouver the world's third most-livable city, but North America's most-expensive.

Metro Vancouver housing starts of 8,203 in 2000 reached 20,736 in 2007. After plummeting to 8,339 in 2009, starts recovered to 19,027 in 2012.

The Games had an estimated 1.8 billion viewers worldwide, including many deep-pocketed real estate investors. Real Estate Board of Greater Vancouver statistics show the detached property benchmark was $425,540 when the International Olympic Committee chose Vancouver in July 2003 and rose to $800,796 in February 2010. It reached $927,000 in December 2013.

NOT A BUSINESS DRAW

Vancouver, Richmond and Surrey combined with Western Economic Diversification Canada for the $1.54-million Metro Vancouver Commerce hospitality program at Gamestime. They wined, dined and plied 100 businesspeople with Games tickets, hoping to draw investment.

Two months after the Games, MVC boasted eight deals worth $60 million. Four small companies agreed to open Vancouver offices, none of which remains or appears active. A $25-million hydrogen plant project between North Vancouver's H-Tec and Quebec's Air Liquide hasn't happened. Abbotsford's Cascade Aerospace denied a $27 million deal with Lockheed Martin was related to MVC.

MVC's February 2011 update claimed $168.8 million of investments — of which $146.4 million were one-offs. MVC took credit for luring Mission: Impossible 4 to shoot in Vancouver and Digital Domain's work on Tron and Thor. Digital Domain spokeswoman Julie Miller said the studio couldn't attribute any of its growth to MVC.

Pixar, the Disney digital animation studio, drew Campbell and Mayor Gregor Robertson to the post-Olympic opening of its Gastown office in April 2010. It closed in October 2013.

WAS IT WORTH IT?

So what became of Campbell's $10 billion Olympic boost?

An October 2011 PwC report commissioned by Ottawa and Victoria estimated the Games increased B.C.'s Gross Domestic Product by $2.3 billion from 2003 to 2010. Hosting the Olympics was among many reasons why B.C.'s debt grew $24 billion over the last decade.

Was the Games' $6 billion-plus price tag money well-spent? In early 2011, B.C.'s then-Auditor General John Doyle chose not to conduct a post-Games audit.

Post-Games: The good, bad and ugly of the venues

The Olympic-triggered, $800-million Sea-to-Sky Highway widening made the drive to Whistler faster and smoother. Vancouver International Airport is only 26 minutes from downtown via the $1.9-billion Canada Line. Vancouver Convention Centre was expanded for $880 million to host major international conventions and it has the 2010 Winter Games cauldron as a decoration.

But with Canada's athletes bound for next month's Sochi Olympics getting a street party send-off Jan. 11 in Banff — not Whistler — and a homecoming parade planned for May in Calgary, the 1988 Games host that remains the national winter sports training base, one has to wonder: What's the Vancouver 2010 winter sport legacy?

BOB MACKIN/FOR METRO IN VANCOUVER

Vancouver Olympic Village: $1.1 B

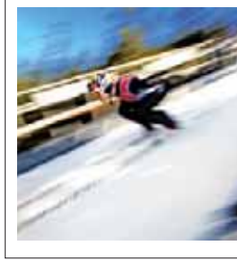
Petitioned to receivership in November 2010, all but 67 of the 1,108 units were sold or rented by November 2013. City of Vancouver is forecasting a $50 million loss, not counting the $171 million developer Millennium was supposed to pay for the land. Dozens of condo owners are going to B.C. Supreme Court April 7 to seek refunds. Canada's Sochi 2014 snowboarding team, including Regina's Mark McMorris and 2010 gold medallist Maelle Ricker of Squamish, was unveiled here on Jan. 3.

Richmond Olympic Oval: $178 M

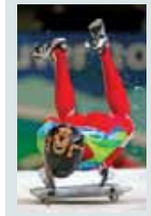
Last June's Tough Mudder obstacle race drew 20,000 participants and spectators to Whistler Olympic Park, the biggest Callaghan Valley event since the Games. The two-week Sea-to-Sky Nordic Festival last March served as national championships for the four nordic disciplines, including women's ski jumping. No alpine skiing or snowboarding world cups have returned to the region. Alex Bilodeau won Canada's first home gold medal on Cypress Mountain's freestyle slope, but the Olympic halfpipe was demolished.

Whistler Olympic Park: $122 M

Site of cross-country skiing, biathlon, nordic combined and ski jumping, it drew 20,000 to last June's Tough Mudder obstacle race. The two-week Sea-to-Sky Nordic Festival last March included national championships for women's ski jumping, which debuts at Sochi 2014 after a failed legal battle before Vancouver 2010.



Whistler Sliding Centre: $119 M



As of November, all but 67 of the 1,108 units at the $1.1 billion Village on False Creek had been sold or rented, three years after it was put into receivership over $740 million owed by developer Millennium. City of Vancouver forecast a $50-million loss, not including the $171 million Millennium was supposed to pay for the prime waterfront land. Sixty-eight condo owners, who allege shoddy workmanship, are suing city hall for refunds. A B.C. Supreme Court trial is scheduled to begin April 7.

Elsewhere

Curling is still played at the $85.45 million Hillcrest Centre, but its post-Olympic configuration includes a hockey rink, swimming pools and a library. Cypress Mountain cost $17.6 million to prep for the Games. Alex Bilodeau won Canada's first home gold on its freestyle skiing slope, but the snowboarding halfpipe was demolished after the Games. Ceremonies venue B.C. Place Stadium, renovated for $514 million after the Games, boasts the B.C. Sports Hall of Fame and its Olympics gallery.

Luge tragedy remains darkest legacy of 2010

Outside Whistler Sliding Centre's office, a plaque on a bench in memory of luger Nodar Kumaritashvili reads: "In his honour, live life fully and pursue excellence in all that you do." The flag of Georgia is draped above.

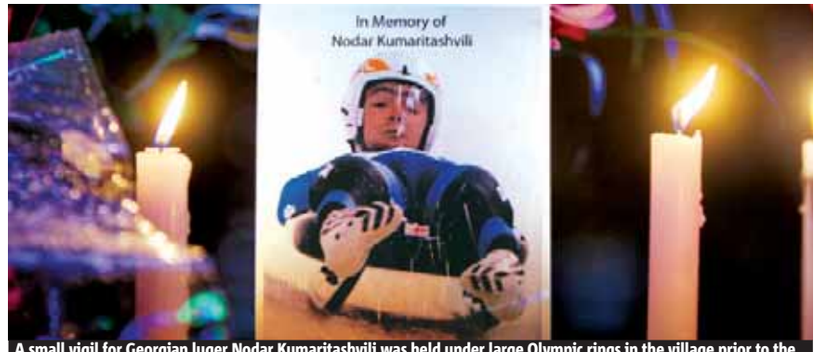
The 21-year-old, from the country next door to Sochi, reached 144.3 km-h during the fateful Feb. 12, 2010 training run, exceeding the track's designed speed. He was catapulted off his out-of-control sled, into an unpadded pole, and pronounced dead an hour later.

Unlike Polish-born-Brit Kazimierz Kay-Skrzypeski at Innsbruck 1964, Kumaritashvili's crash was broadcast and it was on opening day.

In February 2011, CBC's Fifth Estate revealed a March 2009 email by VANOC CEO John Furlong to senior VANOC executives. Architect Udo Gurgel complained the track was not built to his speed specifications.

"An athlete gets badly injured or worse and I think the case could be made we were warned and did nothing," Furlong wrote.

The B.C. Coroner ruled it an accident. A safety audit by Southern Alberta Institute of Technology recommended international luge and bobsled federations improve track design guidance, a maximum safe velocity, rollover barrier design standards, incident analysis, equipment safety and driver/slider competence.



A small vigil for Georgian luger Nodar Kumaritashvili was held under large Olympic rings in the village prior to the opening ceremonies in Whistler, B.C., on Feb. 12, 2010. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

The men's start was moved down to the women's level the day after the tragedy. A new women's start was built for the 2013 world championships.

The steep Blackcomb slope and narrow footprint helped make Whistler the world's fastest track, one-fifth the width of Salt Lake's 2002 track. The $119 million sliding centre opened in 2008, more than double the Bid Book budget. Did a nearby run-of-river power plant influence the design?

Correspondence between Fitzsimmons Creek power plant builder Ledcor and the Vancouver 2010 Bid Corporation in 2002 and 2003 indicated the location for the 3.4 km penstock pipe was contentious. Ledcor worried that moving it too close to cliffside would be risky and wanted compensation from VANOC for the added costs. The 2009-installed pipe comes within 10 m of the track. Owner Innergex began operations in January 2010.

SAIT Prof. Alex Zahavich said his audit did not look at "anything relative to the surrounding area." International Luge Federation executive director Svein Romstad was unaware the penstock was a bid-era issue. VANOC construction chief Dan Doyle said it was "resolved without much fuss."

"I do not remember having to change the design of the track because of it," said Doyle, now B.C. Premier Christy Clark's chief of staff.

Online

For more on Metro's 2010 Olympics look back, go to metronews.ca.

With opposing hearts

Olympic booster and opponent ponder Vancouver legacy

Ex-Vancouver Canucks owner Arthur Griffiths was Vancouver Whistler Bid Society's leader when it got Canadian Olympic Committee approval in 1998 to seek the 2010 Games. Scientist and author Chris Shaw was Vancouver's best-known Olympic critic. In separate interviews they look back at Vancouver 2010.

Most important legacy?

Griffiths: "The spirit that Vancouver demonstrated... That our fans, the residents and so on just really stepped up to the plate and made this a fun experience for anybody that watched or attended the Games."

Shaw: "The Government of Canada, acting on behalf of the Olympics, made the possibility of civil dissent a subject for surveillance. For me that was the most shocking revelation, that our society is not as free and democratic."

Was it money well spent?

Griffiths: "Without question...Ultimately Vancouver showed that you can host the Olympics by creating venues that have real long term use and take advantage of the venues that are already here."

Shaw: "I don't think so. Comparing it to the Russians, guess we got a bargain! That $6 billion or whatever the real number turned out to be could clearly have been used for many more beneficial things that would have aided society at large."

Advice for Toronto, host of the 2015 Pan American Games.

Griffiths: "They're spread out over such a vast area. It is a huge, huge undertaking, just more athletes than the Winter Games. I hope they will demonstrate to themselves, they will demonstrate to anybody looking, the IOC and FIFA, that there is an opportunity for Toronto ... to host a future Games or some major sporting event. Toronto is more than equipped for it."

Shaw: "Your city is going to change for that period of time and you will not be able to go about your business the same way because it is for the benefit of the people who run the Games... best advice is to do what a lot of people did in Vancouver: Get out of town... Having said that, if you really want to express your view, go out in the streets with a placard and see how far you get with that and express your displeasure to the powers that be." BOB MACKIN/FOR METRO IN VANCOUVER

Cuba

Fidel Castro appears in public

Former President Fidel Castro has made his first public appearance in nine months, attending the opening of an art studio in the Cuban capital. Castro last appeared in public on April 9, 2013, when he attended the inauguration of a Havana school.

THE ASSOCIATED PRESS

Sarajevo

Last shoe shiner passes away

Thousands of Bosnians have signed a petition urging authorities to erect a monument to Sarajevo's last shoe shiner, who died at 83 after charming generations. As if waiting to be cleaned, a pair of old shoes stood Thursday in front of the wooden chair on which Husein Hasani — known as Uncle Misho — usually sat. Citizens laid flowers and lit candles around the chair.

THE ASSOCIATED PRESS

Security concerns before Sochi Winter Olympics

Security personnel survey the Olympic Park on Jan. 9 in Alder, Russia, ahead of the Sochi 2014 Winter Olympics, which start on Feb. 6. A series of unexplained killings in southern Russia involving booby-trapped bombs has further heightened security fears ahead of next month's Winter Olympics in Sochi. Six men were found shot to death the day before in four cars in an area just north of the Caucasus Mountains region, where an Islamic insurgency is simmering.

MICHAEL HEIMAN/GETTY IMAGES

Pussy Riot sets up prisoners' rights NGO

'A social movement.' Punk band will still make music, but its focus is on activism

Pussy Riot members Maria Alyokhina, left, and Nadezhda Tolokonnikova in court. ANDREY SVITAILO/METRO IN MOSCOW FILE

The recently freed members of the punk protest group Pussy Riot will be less musical and even more political as they fight for human rights in Russia. Maria Alyokhina and Nadezhda Tolokonnikova have revealed plans to set up a new human rights organization called Zona Prava (Justice Zone), which will focus on protecting prisoners' rights. Alyokhina and Tolokonnikova spoke to Metro about their new project and their thoughts on the Sochi Games.

Q: When will your human rights organization begin to work?

Alyokhina: In late January, our organization Zona Prava will be officially registered. Even before this its website will be set up, and all the information about it will appear across social networks.

Q: What will be the first actions Zona Prava will carry out?

Alyokhina: The very first actions will be directed towards specific people with whom we are connected. They are convicted women who testified before human rights activists about what's going on in the penal colonies. These people are subjected to repression, and we intend first and foremost to legally protect them. The issue is about court cases and grievances made against various departmental and prosecutorial authorities.

Q: The Winter Olympics in Sochi take place next month. Will you boycott them?

Tolokonnikova: Yes, as citizens of Russia, we will boycott the Games. We will also call for all Russian citizens who do not agree with the current government's policy, as well as foreign representatives of different countries and companies to boycott the event.

JULIA DUDKINA/METRO WORLD NEWS IN MOSCOW

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Food titans have slim-down success

Beat resolution.
Companies used classic diet methods — portion control and calorie reduction — to pare down calories in products

Some of America's largest food companies have cut their calories by the trillions, according to a new study. J. DAVID AKE/THE ASSOCIATED PRESS

Some of the largest food companies in the U.S. have cut daily calorie counts by an average of 78 per person, a new study says, more than four times the amount the industry pledged to slash by next year.

The study sponsored by the Robert Wood Johnson Foundation found that between 2007 and 2012, the estimated total cut in food product calories from a group of 16 major food companies was in the range of 6.4 trillion.

Seventy-eight calories would be about the same as an average cookie or a medium apple, and the federal government estimates an average daily diet at around 2,000 calories.

The study said the calories cut averaged out to 78 calories per day for the entire U.S. population. The 2010 pledge taken by the companies — including General Mills Inc., Campbell Soup Co., ConAgra Foods Inc., Kraft Foods Inc., Kellogg Co., Coca-Cola Co., PepsiCo Inc. and Hershey Co. — was to cut 1 trillion calories by 2012 and 1.5 trillion calories by 2015. The Robert Wood Johnson Foundation signed on to hold the companies accountable, and that group hired researchers at the University of North Carolina at Chapel Hill to painstakingly count the calories in almost every single packaged item in the grocery store. To do that, the UNC researchers used the store-based scanner data of hundreds of thousands of foods, commercial databases and nutrition facts panels to calculate exactly how many calories the companies were selling. The researchers aren't yet releasing the entire study, but they said Thursday that the companies have exceeded their own goals by a wide margin.

Dr. James Marks, director of the Health Group at the Robert Wood Johnson Foundation, said the group is pleased with the results but the companies "must sustain that reduction, as they've pledged to do, and other food companies should follow their lead."

The Robert Wood Johnson Foundation is a nonpartisan philanthropic and research organization that works to improve the nation's health. THE ASSOCIATED PRESS

Shopping. French Senate tries to give independent bookstores fairy tale ending

A new bill wants companies such as Amazon to stop free book delivery. AP

If the French Senate gets its way, retail giant Amazon and its online peers won't be able to offer free book deliveries in France anymore.

In an unusual show of unity Thursday, the upper house of parliament unanimously approved a bill that would amend a 33-year-old law regulating book prices, and help struggling independent book sellers, which have faced tough competition from cost-cutting online vendors in the digital age.

The bill would allow online vendors like U.S.-based Amazon to cut the regular delivery price by up to 5 per cent — but not provide free delivery. THE ASSOCIATED PRESS

Market Minute

DOLLAR
92.15¢
(-0.41¢)

TSX
13,629.41 (+14.78)

OIL
$91.66 US (-$0.67)

GOLD
1,229.40 US (+$3.90)

Natural gas: $4.01 US (-$0.02)
Dow Jones: 16,444.76 (-17.98)

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OTTAWA

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The province has appointed the Open Government Engagement Team to gather feedback from Ontarians about how government can be more open, responsive and accessible.

As a community member, you have an important voice. Please join us:

Date: Tuesday, January 14, 2014
Time: 1:00 p.m. – 4:00 p.m.
Location: University of Ottawa
Address: Social Sciences Building, Room 4007
120 University, Ottawa, ON

To register for the event or to submit comments, please e-mail **opengov@ontario.ca**. Please indicate if you require special accommodations.

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Photo credit: John Madere

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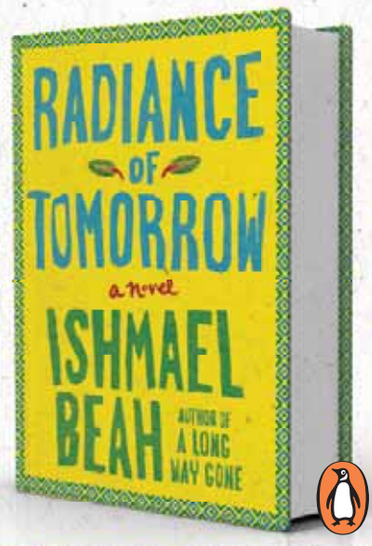

HASHTAGS, JELLY AND THE GREEN LADY

THE METRO LIST

Neil Morton
metronews.ca

1 Hockey Canada. The team announced their men's roster live on TV and Twitter, and the hashtag #TeamCanada blew up with people chirping on who made the team and who didn't. After all, what's more important than the Olympic Men's Hockey team? Nothing. Biggest question mark: Why didn't Martin St. Louis make the team?

2 Hatching Twitter. This excellent new book by Nick Bilton tells the story of how Twitter came to be. It talks about the drama between the founders as the revolutionary social media platform was built and became the biggest thing since... well, Facebook. The book also explains that constant "Fail Whale" that used to plague the site.

3 Dragons' Den auditions. The 2014 Audition Tour for the hit show begins Jan. 18 in Toronto before heading coast to coast over the next few months to accept pitches from would-be entrepreneurs. My pitch this year will be a solar vortex line of clothing to combat Canadian weather such as blizzards and ice storms.

4 Tweet-a-Coffee. Starbucks Canada announced an e-gifting program, Tweet-a-Coffee, allowing customers to send $5 gift cards through Twitter by going to Starbucks.ca. Customers can redeem it at stores by showing it directly on their mobile device. Great idea. Now when are we going to see Tweet-a-Double-Double from Tim Hortons?

5 Toronto Raptors. Ever since they traded their star player Rudy Gay in December, they have done everything but tank. In fact, they have become the talk of the NBA with their young, exciting nucleus of Terrence Ross, Kyle Lowry, Amir Johnson, Jonas Valanciunas and DeMar DeRozan. Playoff team? Slam dunk. This team is for real.

6 #WeAreWinter. The Canadian Olympic Committee announced a We Are Winter-marketing campaign including a social media partnership with Twitter to use the hashtag #WeAreWinter. It is meant to denote Canadian Olympians can handle this winter stuff: It's at the heart of our identity. We'll prove it for sure when the Games begin Feb. 7 in Sochi, Russia. Until then, chill out.

7 Jelly. Twitter founder Biz Stone launched his startup Jelly, an app that lets you ask questions, push them out to your network and get rapid responses. Jelly puts a heavy emphasis on visuals, encouraging users to post photos and ask questions about what they're seeing. This could become the world's biggest and longest visual Q & A ever.

8 Juan Pablo. The new season of The Bachelor debuted this week with 27 suitors for hunky Latino star Juan Pablo, whose name quickly went trending on social media. Thousands of guys are now secretly hoping their partner refers to them as "my Juan Pablo."

9 SNL. Mark Jan. 18 on your calendar as Canadian hip-hop star Drake will have double duty that night, being host and musical guest of SNL. That show also marks the debut of the show's new cast member Sasheer Zamata, the first female African-American cast member since Maya Rudolph's departure in 2007. This will be a special night.

10 The Green Lady. One of the oddest police releases ever went out this week. Someone stole a six-foot tall, 600-pound green avatar mannequin wearing a $300 black fur coat from the front porch of a fashion store called Tragically Hipp in downtown Lakefield, Ont. She was known as The Green Lady. The Tragically Hip should write a song about her.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Meanwhile, in Australia ...

TRISH WIMBERLEY/AUSTRALIAN BAT CLINIC/THE ASSOCIATED PRESS

Record heat wave Down Under

Heat-stressed baby flying foxes are lined up ready to feed at the Australia Bat Clinic near the Gold Coast in Queensland, Australia. Bats are dropping from trees, kangaroos are collapsing in the Outback and gardens are turning brown. While North America freezes under record polar temperatures, the southern hemisphere is experiencing the opposite extreme as heat records are set in Australia after the hottest year ever.

Weather forecasters said some parts of the sparsely populated Pilbara region along the rugged northwest coast approached 50 C on Thursday.

The late arrival of the monsoon in northern Australia, which has a cooling effect, is contributing to the searing heat, said the manager of climate monitoring at Australia's Bureau of Meteorology. Global warming also plays a role, he said.

THE ASSOCIATED PRESS

By the numbers

50K

At least 50,000 bats have been killed by the heat in the state's southeast, said Louise Saunders, president of the Queensland animal welfare group Bat Conservation and Rescue. Heat-stressed bats cling to trees and urinate on themselves in a bid to reduce their body temperatures, she said. "As they succumb, they just fall in heaps at the base of trees ... you can have 250 or more. It's like dripping chocolate, all dying at the base of trees."

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

TVs boasting screens swollen to silly sizes have stolen the Consumer Electronics Show spotlight this week. But in the end, they're just TVs. Very, very expensive TVs. Nuts to that. We want gadgets! Here are three CES gizmos with crowdsourcing campaigns you can jump into.

COURTESY ATOUCHJET.COM

PrioVR:

Many gamers have been lusting for Oculus Rift, a virtual reality gaming system that boasts, among other things, a mortality-teasing guillotine simulator. PrioVR, pretty much a full-body VR Power Glove hosting an array of sensors capable of real-time motion capture, may be destined to turn this nascent VR lust into love. (priovr.com)

Touch Jet:

Sure, a small projector that attaches to your mobile device so you can display your images on a wall is pretty cool. But a device that projects a working touch-screen on a wall? That's some science-fiction that fits snugly in your pocket. The company behind it is planning to launch an Indiegogo campaign in February. (atouchjet.com)

Solar Cool:

We're willing to bet you've audibly wished for a solar-powered beverage cooler on some hot day, even if that probably seems like a distant memory this winter. Well, here it is: capable of holding up to 114 cans, this device promises to capture the heat of the sun and convert it to pleasant, drinkable refreshment. (solarcooltech.com)

Comments

RE: Danish Cinnamon Rolls Too Spicy for EU Rules, published online Wednesday, Jan. 9

EU = ultimate nanny state.
Myworkisdonehere, posted to metronews.ca

I'm glad they still have time for issues like this, we wouldn't want them to solve the financial crisis that has plunged Southern Europe into a depression. There is a theory that says having a large proportion of young men in a society make it more warlike. Perhaps having a large proportion of seniors makes a society cautious to the point of inaction.
BugsBunny, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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Synopsis

The Reel Guys are hardy Canadians, but with the sub-zero weather we've been having lately even the most robust Canuck deserves a snow day. With that in mind, the Reel Guys have put away their long underwear, ear muffs and dignity and decided to stay home. At the risk of earning ridicule from our friends in Saskatchewan and other places where it regularly gets frigid, here are our ideas for movies to take your mind off the deep freeze. Close the drapes, turn up the heat and enjoy...

Put on Blue Crush and pretend you're in Hawaii. HANDOUT

Come, warm yourself by the glowing blue screen

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Movies to forget the snow. The Reel Guys chat about the films that get them hot

Richard: Spring Breakers was shot in St. Petersburg, Florida, so expect lots of beach shots, beautiful sunsets and a young cast — featuring Selena Gomez, Vanessa Hudgens, Ashley Benson and Rachel Korine— stripped down to clothing that would cause instant frost bite for those us of living in the Great White North these days. The story of the illegal way they try to make money for spring break plays more like a wild music video than traditional film, but there's no denying the heat that comes off the screen.

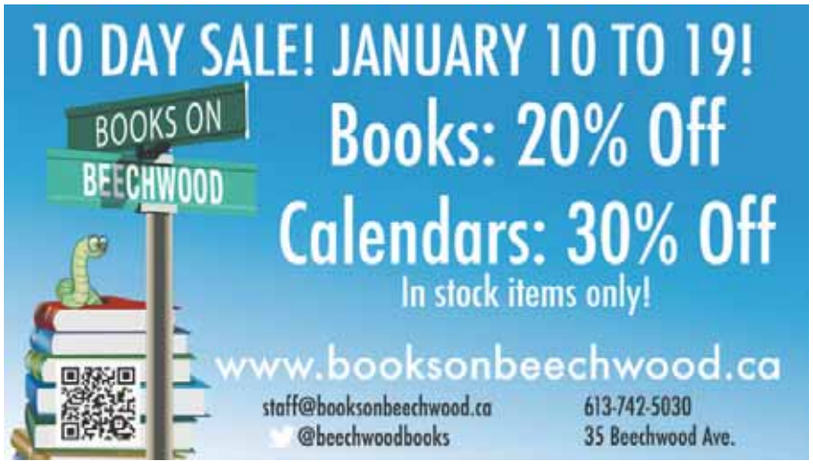
Mark: Heat is right! I thought I was going through male menopause watching the movie. Another way to bring some cinematic heat into this cold hard winter is by watching as many surfing movies as possible. There are the documentaries, to be sure, but, wet suits replace bikinis ... not good! I like movies like Blue Crush, Soul Surfer, and my all-time favourite, Point Break, which mixes surfing, bank robbery, and acid cults with Keanu Reeves at the helm. Marvellous!

RC: Surfing movies were never really my thing, but in the goofy Surf's Up there's animated penguins, goofy sidekicks, loads of poop jokes and Zooey Deschanel but it's a cut above the rest. On another note, not since Meatballs has a movie captured the silliness of summer camp. Wet Hot American Summer was shot in a cold Pennsylvania spring — you can even see the actor's breath sometimes — but it's still plenty steamy. The all-star millennial comedy cast features Paul Rudd, Amy Poehler and Bradley Cooper in a Hello Muddah, Hello Fadduh story about the last wild day of camp.

MB: Summer camp? I'm with you on the Canadian classic Meatballs, with the great Bill Murray. But there's another counter-intuitive way to go here, Richard. And that is to watch movies that depict a world so hot, you'll be wishing for some refreshing snowflakes. Just put on the great Lawrence of Arabia. You'll want to make a snowman by the second hour. Or Gus Van Sant's Gerry or Antonioni's Zabriskie Point, both of which take place in literal and existential deserts. Dune would probably work too, although I've never met anyone who could watch it all the way through.

RC: Talk about flipping from one extreme to the other. I'll stick with a more moderate climate for my last pick. Under the Tuscan Sun is a hot love story starring Diane Lane set in moderate, but enjoyable temperatures.

MB: A lovely movie. But let's not forget the old standby: The Yule Log, burning brightly on DVD. Not much of a cast, the acting is wooden, but the dialogue crackles!



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Cube and Hart buddy up in new comedy

Ride Along. Actors talk about trying to make a movie in the spirit of 48 Hours

NED EHRBAR
Metro World News in Hollywood

It takes a certain amount of confidence and bravado to wade into the buddy-cop genre with a brand new entry, and luckily no one's ever accused Ice Cube and Kevin Hart of lacking confidence. Here's what they had to say about what it took to pull off their new comedy, Ride Along.

Ice Cube on how to approach a "buddy-cop" movie:
The goal for Ride Along was to "be true to the characters and the script, but also try to find a niche that makes us unique. People have seen buddy comedies since movies began, even before that probably. There are some great ones, and they're great for a reason: because they make their own niche and their own mark on the genre. That's what we wanted to do. We want it to be 48 Hours for this new generation who don't know who the hell Nick Nolte is.

Kevin Hart on being careful to not make his character too annoying:
You have to have someone there who can dial you back, and Cube coming in as an actor, a producer, a guy who was really in front of and behind the scenes on this film, he wasn't shy with collaboration and suggestions. When you're protected and everybody knows to pull you back when you're going too far, it just helps for not only a great rapport but for building trust.

Ice Cube on how annoying Kevin Hart actually is:
Kevin is not annoying at all just as himself, but he plays that mosquito very well. He knows how to go there and make it feel honest and true, and that's cool because if you don't stay in your lane on these movies, they can kind of cancel each other out. I'm not trying to be funny and he's not trying to say, 'OK, here's my scene where I can be Dirty Harry.' I trust that he's going to come up with the funny lines, he's going to have the funny ad-libs. And he trusts me to sustain the setup and try to milk it as long as we can before it falls apart.

Kevin Hart and Ice Cube star in Ride Along, which opens next Friday. CONTRIBUTED

Ice Cube on having an "I guess it was a good day" reference worked into the film:
Tim Story or the writers (thought of that). For some reason, in most of my movies I'm saying something that has to do with a record I've done. In Torque, I drove right by the police and they were like, 'Say f— the police right as you drive by.' I just did some stuff with 22 Jump Street where they wanted me to say one of my lines. It's cool. I don't mind. Only if it works for what we're doing, if it adds up to a wink-wink to the audience."

Kevin Hart on the joys of filming in Atlanta:
I loved Atlanta. I can't say why I had a good time because I don't want this to come out misconstrued. But I love Atlanta for a lot of reasons. I'm in a relationship and I love my lady. I just want to… clear that up. (laughs) I'll leave it there.

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Action/Biography

Lone Survivor

Director. Peter Berg

Stars. Mark Wahlberg, Taylor Kitsch

Lone Survivor is further proof that war is hell. Based on a failed real-life SEAL Team 10's Afghanistan mission to locate and eliminate a Taliban leader — the movie's title is a spoiler. The operation goes wrong almost as soon as the team — Marcus (Mark Wahlberg), Michael (Taylor Kitsch), Danny (Emile Hirsch) and Matthew (Ben Foster) — touch ground in the Kush Mountains. Not since Saving Private Ryan has a battle scene been so effectively rendered but it isn't a propaganda film: it's a stark reminder of the camaraderie of soldiers. **RICHARD CROUSE**

Drama/Comedy

Her

Director. Spike Jonze

Stars. Joaquin Phoenix

Writer-director Spike Jonze's latest oddball offering is an emotionally sophisticated, Sci-Fi tinted love story hiding in an absurdist fantasy skin. In it, Joaquin Phoenix plays a professional letter writer who falls madly in love with his sentient, sensual operating system (voiced gloriously by Scarlett Johansson) with surprising, surreal results. Her is like a mad amalgam of Ray Bradbury's I Sing The Body Electric smashed up against Demon Seed anchored by sly satire and an unforgettable, career best turn by Phoenix. **CHRIS ALEXANDER**

Comedy/Drama

August: Osage County

Director. John Wells

Stars. Meryl Streep, Julia Roberts, Benedict Cumberbatch

Fans of dysfunctional family dramas, you've hit the jackpot. In this adaptation of playwright Tracy Letts's August: Osage County, a patriarch's mysterious disappearance prompts a star-studded family reunion that will make your wacky relatives look saintly. The highly anticipated on-screen union of Streep and Roberts doesn't disappoint, but it's understated, touching performances by Cumberbatch, Margo Martindale and Juliette Lewis that give August its gravitas. **MANORI RAVINDRAN**

Drama

Gabrielle

Director. Louise Archambault

Stars. Gabrielle Marion-Rivard, Alexandre Landry

Canada's entry for the Best Foreign Film at this year's Oscars, Gabrielle is the touching story of the title character (Gabrielle Marion-Rivard), a young woman with developmental disabilities who falls in love with Martin (Alexandre Landry), a singer in her choir. Unfortunately his mother doesn't approve and pulls Martin from the group in an attempt to end their relationship. In return Gabrielle takes control of her life for the first time. This thought provoking French language film is a tender tearjerker, but undeniably soul-stirring. **RICHARD CROUSE**

Lone Survivor. Films about Navy SEALs tricky projects for producers

Marcus Luttrell, the former Navy SEAL whose deadly mission in Afghanistan has been turned into the film Lone Survivor, strides into a hotel room for an interview, trailed by his service dog, Mr. Rigby.

The tall, hulking, goateed Navy Cross recipient greets a journalist with a rock-hard grip, and nods to director Peter Berg and star Mark Wahlberg, who plays him in the film.

Based on Luttrell's best-selling 2007 memoir, Lone Survivor is about a 2005 four-man operation in northeastern Afghanistan's Kunar province, which fell apart when a trio of goat herders stumbled upon the staked-out SEALs.

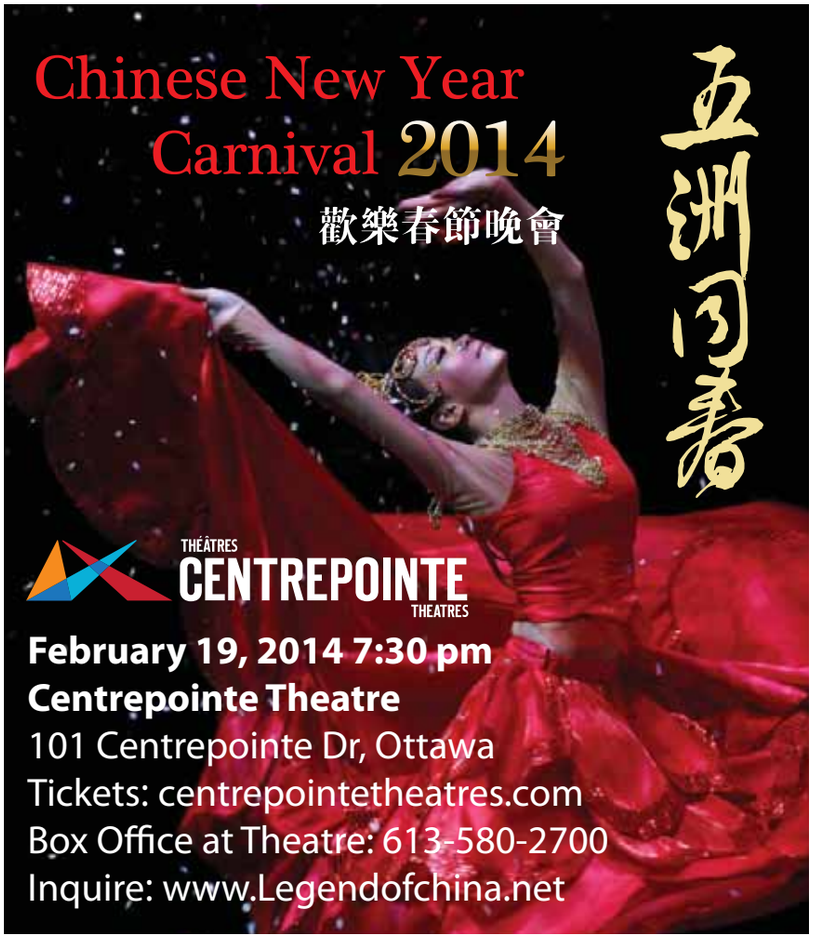
After releasing the civilians and aborting the mission, the SEALs were quickly ambushed by the Taliban in a firefight that tumbled down a rocky gulch, killed Luttrell's three fellow SEALs, left Luttrell badly injured and, in an attempted rescue, killed 16 more men.

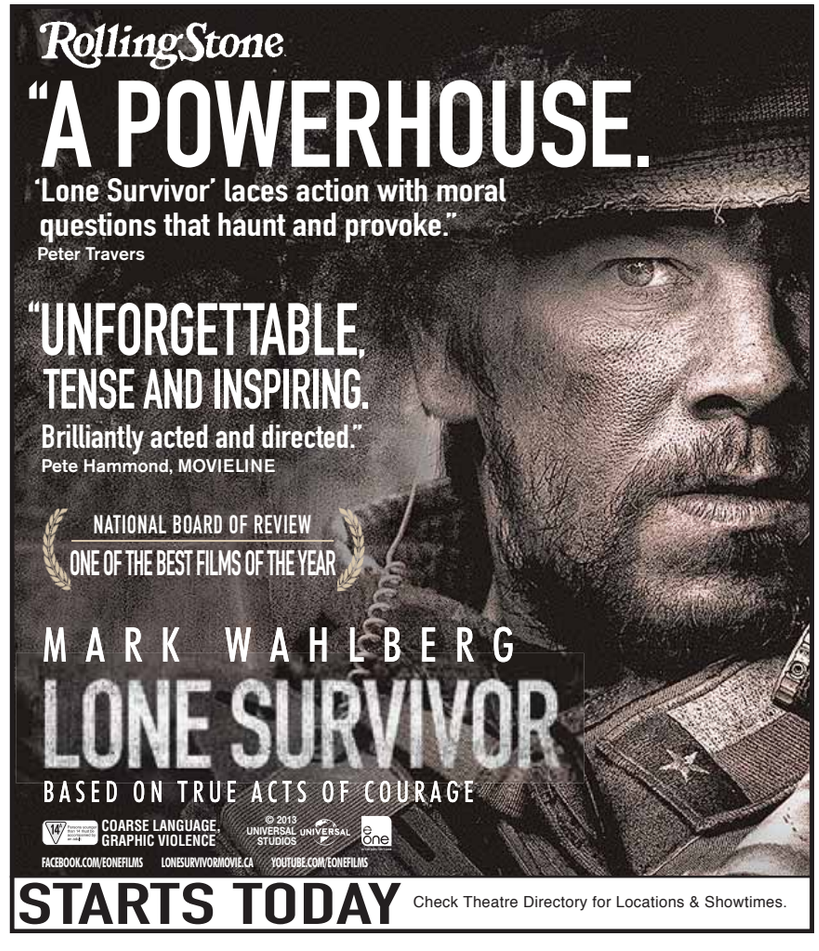
Lone Survivor is the latest in a series of films that pays tribute to the U.S. Navy's special forces.

Luttrell would rather not talk about any of it. He went along with Lone Survivor and wrote the book at the urging of his superiors. Lone Survivor is a uniquely close collaboration, one in which Berg and Wahlberg (both producers) worked under significant pressure from the families of those who died and active-duty SEALs to faithfully render the soldiers' lives, in battle and in brotherhood.

"I was at the screening when there were a hundred moms and dads of dead soldiers," says Berg. "And I was at a screening where there were 500 active members of special operations, ... And those are different. Because when those lights come up, those people are going to look you in the eye."

THE ASSOCIATED PRESS





THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 10 TO THURS., JAN. 16 TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema
325 Rideau St.

The Book Thief (PG) Fri 4:01 Sat 6:40
Desk Set (STC) Tue 6:59 Wed 4:45
Gabrielle (14A) Fri 6:50 Sat 2:01-9:30 Sun 6:35 Mon 5:01 Tue 9:15 Wed-Thu 6:59
Inside Llewyn Davis (14A) Fri 9:10 Sat 4:20 Sun 12:30-8:50
Our Man in Tehran (PG) Tue 5:01 Wed 9:15 Thu 5:01
Punk Jews (STC) Thu 9:15
Royal Opera House: Turandot (STC) Sun 3:01 Mon 7:30

Coliseum Ottawa
3090 Carling Ave.

47 Ronin 3D (PG) Fri-Sun 2-4:50-7:50-10:35 Mon 4:55-10:25 Tue-Wed 4:55-7:40-10:25 Thu 1:10-4:55-7:40
An Affair to Remember (STC) Sun 12:55 Wed 7
American Hustle (14A) Fri-Sat 12:50-4-7:20-10:25 Sun 4-7:20-10:25 Mon-Thu 3:40-6:45-10
Anchorman 2: The Legend Continues (PG) Fri-Sun 2:15-5-8-10:45 Mon-Wed 4:30-7:20-10:10 Thu 1:35-4:30-7:20
August: Osage County (14A) Fri-Sun 1:20-4:20-7:10-10:10 Mon-Wed 4:10-7:10-10:10 Thu 1:15-4:10-7:10-10:10
Frozen (G) Fri-Sun 12:30 Thu 1:15
Frozen 3D (G) Fri-Sun 3:10-6:40 Mon-Thu 4:20-7
Her (14A) Fri-Sun 1:30-4:30-7:30-10:30 Mon-Wed 4:30-7:30-10:30 Thu 1:30-4:30-7:30-10:30 Star & Strollers Screening Thu 1
The Hobbit: The Desolation of Smaug (PG) Fri-Thu 9:30
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sun 12:10-3:35-7:10:25 Mon-Thu 3:30-6:50-10:15
The Hunger Games: Catching Fire (PG) Fri-Sun 12:10-3:20-6:50-10 Mon-Tue 4-7:10-10:30 Wed 4-10:30 Thu 4-7:10-10:30
Jack Ryan: Shadow Recruit (STC) No Passes Thu 10:10
Lone Survivor (14A) Fri-Sun 1:40-4:40-7:40-10:40 Mon-Wed 4:40-7:40-10:30 Thu 1:10-4:40-7:40-10:30
Paranormal Activity: The Marked Ones (14A) Fri-Sun 1:10-3:40-6-8:20-10:40 Mon 4:05-6:15-8:25-10:35 Tue-Wed 3:50-6-8:10-10:20 Thu 1:25-3:50-6-8:10-10:20
Ride Along (14A) No Passes Thu 10:25
The Secret Life of Walter Mitty (PG) Fri-Sun 12-2:40-5:20-8:05-10:45 Mon-Thu 4:45-7:30-10:20 Star & Strollers Screening Thu 1
V for Vendetta (14A) Mon 7:30
The Wolf of Wall Street (18A) Fri-Sun 12:40-4:45-8:45 Mon-Wed 5:40-9:40 Thu 1:20-5:40-9:40

Mayfair Theatre
1074 Bank St.

All Is Lost (PG) Tue 9:30 Thu 7
Bad Milo! (14A) Fri 9:30 Sat 9 Wed 9:30 Thu 9:15
Class of Nuke 'Em High (STC) Fri 11:30 Sun 8:30
Diana (PG) Fri-Sat 6:30 Sun 6 Tue-Wed 7
From Russia With Love (PG) Sun 3:30 Mon 7
Pulp Fiction (STC) Mon 9:30
The Room (STC) Sat 11

Rainbow Cinemas
St. Laurent Centre
1200 St. Laurent Blvd.

The Book Thief (PG) Fri-Thu 10:30-1:10-4:20-7:30
Captain Phillips (14A) Fri-Thu 10:20-7:20
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1-3:05-5:10
Dallas Buyers Club (18A) Fri-Thu 10-6:45-9:10
Despicable Me 2 (G) Fri-Thu 10:10-2:35-4:45
Ender's Game (PG) Fri-Thu 12:05-6:50-9:15
Free Birds (G) Fri-Thu 12:25-2:25-4:35
Nebraska (PG) Fri-Thu 10:40-1:15-4-6:35-9

South Keys
2214 Bank St.

47 Ronin 3D (PG) Fri-Thu 10:50-1:40-4:30-7:20-10:15
American Hustle (14A) Fri-Thu 10:35-1:30-4:25-7:15-10:10
Anchorman 2: The Legend Continues (PG) Fri 11-1:45-4:40-7:25-10:05 Sat 1:45-4:40-7:25-10:05 Sun-Thu 11-1:45-4:40-7:25-10:05
August: Osage County (14A) Fri-Thu 10:20-1-3:50-6:45-9:35
Devil's Due (14A) No Passes Thu 10
Frozen (G) Fri-Thu 10:55-1:35
Frozen 3D (G) Fri-Thu 4:35-7:10
Her (14A) Fri-Thu 12:50-3:45-6:50-9:45
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 10:30-1:50-5:10-8:30
The Hunger Games: Catching Fire (PG) Fri-Wed 10:45-1:55-5:05-8:20 Thu 10:45-1:55-5:05
Jack Ryan: Shadow Recruit (STC) No Passes Thu 9
Lone Survivor (14A) Fri-Thu 10:25-1:15-4:10-7:05-10
Paranormal Activity: The Marked Ones (14A) Fri-Thu 11:05-1:10-3:20-5:30-7:40-9:55
Puss in Boots (G) Sat 11
Saving Mr. Banks (PG) Fri-Wed 10:40-1:25-4:15-7-9:50 Thu 10:40-1:25-4:15-7
The Secret Life of Walter Mitty (PG) Fri-Thu 9:40
The Wolf of Wall Street (18A) Fri-Thu 12:30-4:20-8:10

Canadian Museum of civilization
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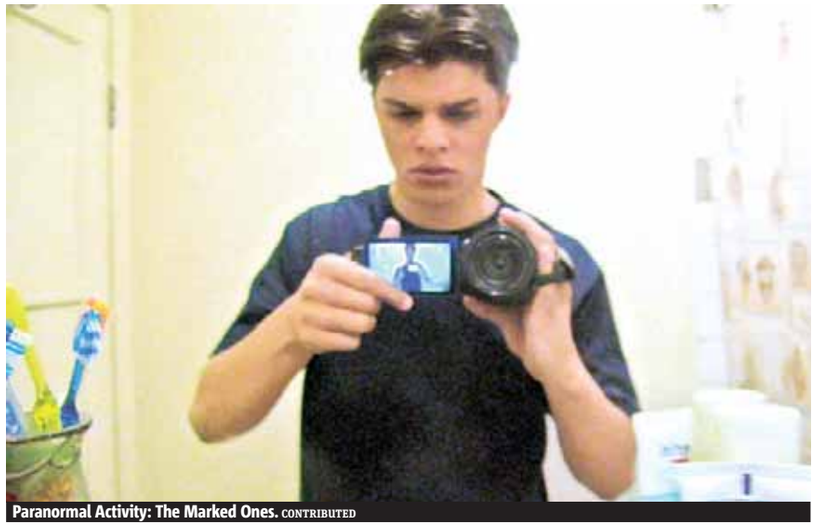

Paranormal Activity: The Marked Ones. CONTRIBUTED

Coral Reef Adventure (STC) Thu 11
Dolphins (STC) Thu 12
Grand Nord (STC) Sat 4 Tue 4
Great North (STC) Sat 2 Sun 2-5 Mon-Wed 2 Thu 2-5
Jerusalem (STC) Sat 11-8 Sun 11-6 Mon 11 Tue-Wed 11-6 Thu 8 Sat 6 Sun 4 Wed 4 Thu 6
Kenya 3D: Animal Kingdom (STC) Sat 12-3-5-7 Sun 12-3 Mon 12 Tue 12-3-5-7 Wed 12-3-5 Thu 3-7 Sat-Tue 1 Wed 1-7 Thu 1
No Films Showing Today (STC) Fri

Cinéma des Galeries d'Aylmer
400 boul. Wilfrid-Lavigne

American Hustle (G) Fri-Sun 9:30 Tue-Wed 9:30
Anchorman 2: The Legend Continues (G) Fri-Sun 1-3:30-7-9:30 Mon 7 Tue 1-3:30-7-9:30 Wed-Thu 7-9:30
Frozen (G) Fri-Sun 12:50-6:50 Mon 6:50 Tue 12:50-6:50 Thu 6:50
The Hobbit: The Desolation of Smaug 3D (G) Fri-Sun 1:10-7:10 Mon 7:10 Tue 1:10-7:10 Wed-Thu 7:10
Jack Ryan: Shadow Recruit (STC) Thu 9
La reine des neiges (G) Fri-Sun 3:10 Tue 3:10
The Wolf of Wall Street (16+) Fri-Sun 1-7 Mon 7 Tue 1-7 Wed-Thu 7

StarCité Hull
115 boul. du Plateau

47 Ronin 3D (G) Fri 1:05-4:50-7:35-10:20 Sat 11:20-2:05-4:50-7:35-10:20 Sun 1:05-4:50-7:35-10:20 Mon 7-9:45 Tue 1:05-4:50-7:35-10:20 Wed 7-9:45 Thu 6:15
American Hustle (G) Fri-Sun 1:05-4-7:15-10:30 Mon 7-10 Tue 1:05-4-7:15-10:30 Wed 7-10 Thu 10
Anchorman 2: The Legend Continues (G) Fri-Sun 2:15-5-7:45-10:30 Mon 7:15-10 Tue 2:15-5-7:45-10:30 Wed 7:15-10 Thu 6:15
August: Osage County (G) Fri-Sun 1:20-4:20-7:15-10:10 Mon 7:05-9:50 Tue 1:20-4:20-7:15-10:10 Wed-Thu 7:05-9:50
Star & Strollers Screening Thu 1:30
Le Chat potté (G) Sat 11
Devil's Due (13+) No Passes Thu 10:10
Grudge Match (G) Fri-Sun 10:20 Mon 9:25 Tue 10:20 Wed 9:25 Thu 8:30
Her (G) Fri 1:30-4:30-7:30-10:30 Sat 10:50-1:30-4:30-7:30-10:30 Sun 1:30-4:30-7:30-10:30 Mon 7:10-10 Tue 1:30-4:30-7:30-10:30 Wed-Thu 7:10-10
Le Hobbit: La désolation de Smaug (G) Thu 6:50
Le Hobbit: La désolation de Smaug 3D (G) Fri 3:25-6:50-10:15 Sat 12-3:25-6:50-10:15 Sun 3:25-6:50-10:15 Mon 6:50-9:35 Tue 3:25-6:50-10:15 Wed 6:50-9:35 Thu 9:35
The Hobbit: The Desolation of Smaug 3D (G) Fri 1:25-3:40-7:05-10:30 Sat 12:15-3:40-7:05-10:30 Sun 1:25-3:40-7:05-10:30 Mon 8:30 Tue 1:25-3:40-7:05-10:30 Wed 8:30 Thu 6-9:25
The Hunger Games: Catching Fire (G) Fri-Sun 1:05-4:10-7:20-10:30 Mon 6:50-10 Tue 1:05-4:10-7:20-10:30 Wed-Thu 6:50-10
Il était une fois les boys (G) Fri 2:40-5:15-7:50-10:25 Sat 12:05-2:40-5:15-7:50-10:25 Sun 2:40-5:15-7:50-10:25 Mon 6:55-9:30 Tue 2:40-5:15-7:50-10:25 Wed-Thu 6:55-9:30
Jack Ryan: Shadow Recruit (STC) No Passes Thu 9
Lone Survivor (STC) Fri 1:40-4:40-7:40-10:30 Sat 11-1:40-4:40-7:40-10:30 Sun 1:40-4:40-7:40-10:30 Mon 7:10-10 Tue 1:40-4:40-7:40-10:30 Wed-Thu 7:10-10
Le loup de Wall Street (16+) Fri-Sun 6:10-9:55 Mon 8 Tue 6:10-9:55 Wed-Thu 8
Paranormal Activity: The Marked Ones (13+) Fri-Sun 1:45-3:55-5:55-8:15-10:25 Mon 7:15-10 Tue 1:45-3:55-5:55-8:15-10:25 Wed 7:15-10 Thu 7:15-9:25
Puss in Boots (G) Sat 11
La reine des neiges (G) Fri 1 Sat 10:50-12 Sun 1 Tue 1
La reine des neiges 3D (G) Fri-Sun 2:35-5:10-7:45 Mon 7 Tue 2:35-5:10-7:45 Wed-Thu 7
Ride Along (STC) No Passes Thu 9
The Secret Life of Walter Mitty (G) Fri 2-4:40-7:20-10 Sat 11:20-2-4:40-7:20-10 Sun 2-4:40-7:20-10 Mon 7:10-9:50 Tue 2-4:40-7:20-10 Wed 7:10-9:50 Thu 7:20
Le seul survivant (STC) Fri-Sun 1:10-4:10-7:10-10 Mon 7-9:50 Tue 1:10-4:10-7:10-10 Wed-Thu 7-9:50 Thu 1
Sur la terre des dinosaures (G) Fri 1:45-4 Sat 11:30-1:45-4 Sun 1:45-4 Tue 1:45-4
The Wolf of Wall Street (16+) Fri 2:40-6:25-10:10 Sat 11:05-2:40-6:25-10:10 Sun 2:40-6:25-10:10 Mon 8:15 Tue 2:40-6:25-10:10 Wed 8:15 Thu 6-9:30

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47 Ronin 3D (PG) Fri-Sun 9:30 Mon-Thu 7:40
American Hustle (14A) Fri 6:45-10 Sat-Sun 12:20-3:30-6:45-10 Mon-Thu 4:40-7:30 Star & Strollers Screening Thu 1
Anchorman 2: The Legend Continues (PG) Fri 7-10:05 Sat-Sun 1-4-7-10:05 Mon-Thu 4:50-7:40 Star & Strollers Screening Thu 1
Frozen (G) Sat-Sun 1:30
Frozen 3D (G) Fri 6:50 Sat-Sun 4:20-6:50 Mon-Thu 5:10
The Hobbit: The Desolation of Smaug 3D (PG) Fri 6:40-10 Sat-Sun 12-3:20-6:40-10 Mon-Thu 7
Lone Survivor (14A) Fri 7:10-10:10 Sat 1:10-4:10-7:15-10:10 Sun 1:10-4:10-7:10-10:10 Mon-Thu 4:45-7:35
Puss in Boots (G) Sat 11
The Secret Life of Walter Mitty (PG) Fri-Sun 9:20 Mon-Thu 7:20
Walking With Dinosaurs (PG) Sat-Sun 1:40
Walking With Dinosaurs 3D (PG) Fri 6:55 Sat-Sun 4:25-6:55 Mon-Thu 5
The Wolf of Wall Street (18A) Fri 8:15 Sat-Sun 12:15-4:15-8:15 Mon-Thu 6:45

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12 Years a Slave (14A) Fri-Tue 9:55
47 Ronin 3D (PG) Fri-Wed 1:15-4-6:50-9:40 Thu 1:15-4-6:50
An Affair to Remember (STC) Sun 12:55 Wed 7
American Hustle (14A) Fri-Tue 12:20-3:25-6:35-9:50 Wed 4:10-7:20-10:30 Thu 12:20-3:25-6:35-9:50 Star & Strollers Screening Wed 1
Anchorman 2: The Legend Continues (PG) Fri-Sun 1:25-4:20-7:15-10:10 Mon 1:25-4:20-10:20 Tue 1:25-4:20-7:15-10:10 Wed 1:25-4:20-10:10 Thu 1:25-4:20-7:15
August: Osage County (14A) Fri 1:55-4:50-7:45-10:40 Sat 11:05-1:55-4:50-7:45-10:40 Sun-Tue 1:55-4:50-7:45-10:40 Wed 4:05-7:15-10 Thu 1:55-4:50-7:45-10:40
Star & Strollers Screening Wed 1
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Evangelion: 3.0 You Can (Not) Redo (PG) Sat 12:55 Thu 7:30
Frozen (G) Fri 12 Sat 11:10-12 Sun-Thu 12
Frozen 3D (G) Fri-Thu 2:40-5:20-8
Grudge Match (14A) Fri-Sat 1:10-3:55-6:45-9:35 Sun 3:55-6:45-9:35 Mon-Thu 1:10-3:55-6:45-9:35
Her (14A) Fri-Thu 1:20-4:25-7:25-10:25
The Hobbit: The Desolation of Smaug (PG) Fri-Thu 10:40
The Hobbit: The Desolation of Smaug 3D (PG) Fri 2:50-6:25-10 Sat 11:15-2:50-6:25-10 Sun-Thu 2:50-6:25-10
The Hobbit: The Desolation of Smaug: An IMAX 3D Experience (PG) Fri-Thu 12:10-3:40-7:10-10:35
The Hunger Games: Catching Fire (PG) Fri-Wed 12:15-3:35-6:55-10:15 Thu 12:15-3:35-6:55
Jack Ryan: Shadow Recruit (STC) No Passes Thu 10:10
Lone Survivor (14A) Fri 1:45-4:40-7:35-10:30 Sat 11-1:45-4:40-7:35-10:30 Sun-Thu 1:45-4:40-7:35-10:30
Mandela: Long Walk to Freedom (14A) Fri 12:05-3:30-7-10:25 Sat 3:30-7-10:25 Sun-Tue 12:05-3:30-7-10:25 Wed 12:05-3:30-10:25 Thu 12:05-3:30-7-10:25
Paranormal Activity: The Marked Ones (14A) Fri 1:40-4-6:15-8:30-10:45 Sat 11:20-1:40-4-6:15-8:30-10:45 Sun-Thu 1:40-4-6:15-8:30-10:45
Puss in Boots (G) Sat 11
Ride Along (14A) No Passes Thu 9:40
Saving Mr. Banks (PG) Fri-Wed 1:05-4:15-7:20-10:20 Thu 1:05-4:15-10:20
The Secret Life of Walter Mitty (PG) Fri-Thu 12:55-3:50-6:40-9:30
V for Vendetta (14A) Mon 7:30
The Wolf of Wall Street (18A) Fri-Thu 2-6-10:05

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47 Ronin (PG) Dolby Stereo Digital, Digital Fri-Sun 3-9 Dolby Stereo Digital, Digital Mon Dolby Stereo Digital, Digital Tue 3-9 Dolby Stereo Digital, Digital Wed-Thu
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Frozen (G) Digital, Dolby Stereo Digital Fri-Sun 3:45 Digital, Dolby Stereo Digital Tue 3:45
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The Secret Life of Walter Mitty (PG) Dolby Stereo Digital, Digital Fri 6 Dolby Stereo Digital, Digital Sat-Sun 12:10-6 Dolby Stereo Digital, Digital Mon 6:40 Dolby Stereo Digital, Digital Tue 12:10-6 Dolby Stereo Digital, Digital Wed-Thu 6:40
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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Humanitarian award has Hudson fighting back the tears

Jennifer Hudson held back tears when she accepted the favourite humanitarian award at the 2014 People's Choice Awards on Wednesday night.

Accompanied on stage by her sister Julia Hudson, the Oscar-winning actress became choked up as she said: "My mother always taught us without family you have nothing. Whether you know it or not, we all are family. What happens to the other happens to us. It's one thing to be a celebrity and have power, but it means nothing if we're not making a difference and helping someone else."

Actress-singer Jennifer Hudson, right, and sister Julia Hudson. GETTY IMAGES

Hudson created the Chicago-based Julian D. King Gift Foundation with her sister, Julia Hudson, in honour of her nephew, Julian King, who was murdered in 2008 at the age of seven. The crime also took the lives of the Hudsons' mother and brother.

The foundation aims to provide stability and positive experiences for children. Hudson was presented with the award by LL Cool J. "It feels good to see positivity acknowledged," she said. "Where we come from all you hear about is who shot who and who went to jail. There is more to life than the block you live on. We want to show them that I came from the same area and if I can do it, you can do it too. It does not stop there."

Hudson's speech was the only thing to strike a strong emotional chord during the ceremony. Bestowing the humanitarian award remains a gripping moment in a show primarily packed with light-hearted banter.

THE ASSOCIATED PRESS

Kelly Osbourne GETTY IMAGES

Osbourne's engagement off after 'amicable' split

The wedding's off for Kelly Osbourne, who just announced that she's split from fiancé Matthew Mosshart just months after announcing their engagement. "Kelly Osbourne and Matthew Mosshart have decided to end their engagement," her rep tells People magazine. "The split is amicable and the pair continue to have nothing but the utmost respect for one another. Kelly is looking forward to a new year full of fresh beginnings. No further comment will be provided." The pair met in 2011 at Kate Moss' wedding.

Pattinson gets playful with artist friend

Robert Pattinson was reportedly getting "very touchy-feely" with London-based artist Nettie Wakefield on a night out together, according to a the British tabloid. "They were trying to keep a low profile but Rob teased Nettie by messing with her hair and they had a flirty play-fight," a source says. "Afterwards they were giggling like teenagers." Pattinson's rep insists, though, that the pair are "very good friends and are definitely not dating," which is probably good news for Dylan Penn, aspiring screenwriter and daughter of Sean Penn, whom Pattinson has reportedly been dating since November.

Robert Pattinson GETTY IMAGES

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A glass of the cheap stuff

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Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Unless you're one of "those" people who keep Christmas decorations up until Easter, the only holiday joy yet to be spread is from your credit card companies.

Wine appreciation on a budget doesn't mean you have to scrimp on quality. In fact, the majority of wines between $10 and $12 dollars are solidly constructed and pleasantly consistent vintage to vintage.

Sure, while you'll give up nuance and complexity the cheaper you drink, most over deliver at their modest price points.

The best advice is to look for blended wines — those made from more than one grape variety — from warmer climates. Combining the juice of different berries can elevate the personality a simple wine (with each berry supporting the overall union) and reliable weather conditions assist in creating a standardized flavour profile.

Hardys' 2012 Stamp Series Riesling Gewurztraminer ($9.95 - $10.99) is a good example of my philosophy and its soft, floral aromas and off-dry, tropical-meets-citrus palate gives it food pairing versatility. Start with pork roast or Asian cuisine. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Where the American South and China meet

Dessert. Coconut-Orange Ambrosia

During Chinese New Year, displaying and eating tangerines and oranges is said to bring wealth and luck. Sounds like a fine start to the new year!

It doesn't hurt that oranges are hitting their prime about now. A great way to use up oranges is to make ambrosia, a lightly sweet treat that originates in the American South.

The two main ingredients are oranges and coconut, both welcome on any Chinese table. So celebrating Chinese New Year with this classic dish seems about right.

1. Use a paring knife to cut off the tops and bottoms of each orange. One at a time, stand each orange on a cut side and slice off the peel on all sides.

2. One at a time, hold the peeled oranges in a cupped hand over a bowl to catch the juices. Use the paring knife to cut out the orange segments from between the membranes.

Ingredients

- 8 to 10 large navel oranges
- 2 oz (4 tbsp) orange liqueur
- 2 tsp superfine sugar
- Pinch of salt
- Flesh from 1 fresh coconut, grated
- 1 sprig fresh mint
- Whipped cream

Add the segments to the bowl. When all of the segments have been removed from each orange, squeeze the membranes over the bowl to get as much juice as possible.

3. Sprinkle the oranges with the orange liqueur, sugar and salt. Toss gently. Divide between 4 serving bowls. Top with the fresh coconut, a few fresh mint leaves and whipped cream. **THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

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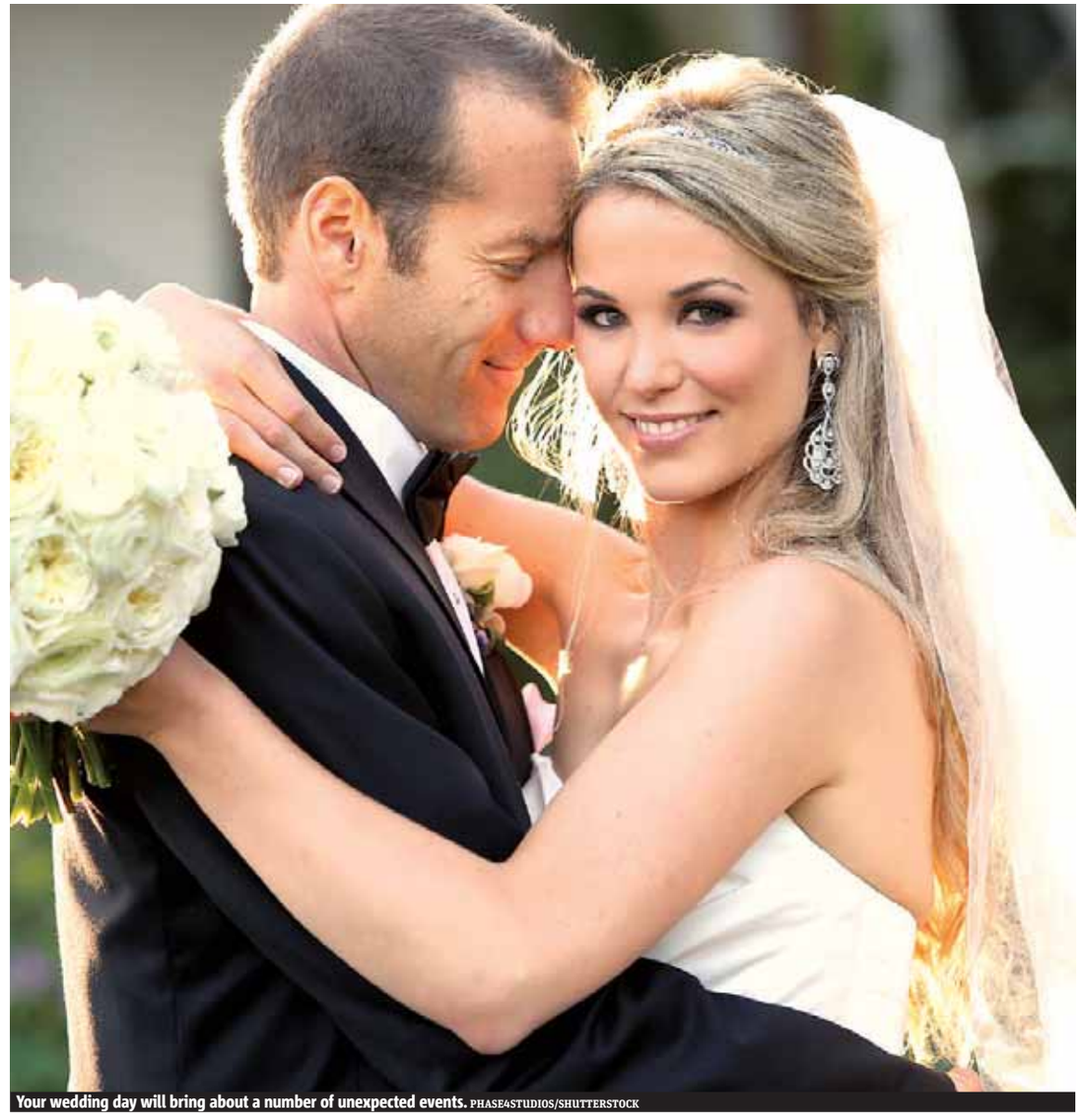
metro
WEDDING PLANNER
Weekend, January 10-12, 2014

Wedding day truths

KATE DRUMMOND
2life


Your wedding day will bring about a number of unexpected events. PHASE4STUDIOS/SHUTTERSTOCK

You can look at countless wedding photos online, but it's hard to know what to expect for your own wedding until the glorious day arrives and you are actually experiencing it.

Here are six helpful truths about your wedding day that you won't learn from the pretty pics on Pinterest.

1 You won't get much sleep the night before. Nerves and off-the-charts giddiness will leave you tossing and turning the night before your wedding and you will likely wake up before sunrise. You will need some sleep, so skip the post-rehearsal dinner drinks with your friends and head to bed. You will get to party the night away with them the next day.

2 You will need a nice hanger for your gown. Your photographer will want shots of your gown before you step into it and there is no way a cheap wire hanger from the dry cleaners will do. We love these handmade, customizable hangers from Etsy — they are an adorable keepsake and they photograph beautifully. Plus, it's another cute way to add a personal touch to your big day.

3 Your dress will get dirty. This truth is hard to swallow, but the bottom of your pristine gown will get dirty and possibly even damaged after a day of walking outside, posing for photos and dancing. Try to keep it as clean as possible before the photos and ceremony. Once you are at the reception, you will be so happy that you won't care about a bit of dirt on your skirt.

4 You will cry (at least once). But they will be happy tears. With so many special moments between you and your sweetie and the overall significance of the day, you will likely cry at least once. Throw in touching speeches from friends, family and your new spouse and you are left with lots of opportunities to shed a sweet tear or two. This is why waterproof mascara is your friend.

5 You won't believe how quickly it goes by. After months of wedding planning, it's easy to fall into a forward-thinking frame of mind, always focusing on the future and imagining the details of your big day. Well, this is it. Your big day is here. So be present, enjoy all of the love-filled moments, gush over the beautiful cake and decor details, smile lots and soak up that magical feeling. You can't slow down time, but the day won't fly by quite so quickly if you stay in the moment.

6 You will be overwhelmed with love and happiness. It's an indescribably heartwarming feeling to realize that so many people have come to celebrate you and your spouse and your expression of love and commitment to each other. At the reception, take a minute with your groom to step back and take a look at the room, at all of the wonderful friends and family who have come to share such a special day with you. It will make you feel warm and fuzzy and it's extra special if you can experience this moment with your new hubby.

For more information, please visit 2life.io/weddings. **DOWNLOAD THE 2LIFE ULTIMATE WEDDING PLANNER APP TO PLAN YOUR CELEBRATION TOGETHER. AVAILABLE FOR FREE ON THE ITUNES APP STORE.**

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Taking a more active role

Meet Groomzilla — a new breed of monster threatening to throw epic temper tantrums, treat his friends like garbage and destroy anything that gets in his way of a perfect wedding day.

According to a survey by David's Bridal, 83 per cent of present-day grooms are actively involved in making wedding day decisions, and 67 per cent of brides report that there is at least one thing that would turn their guys into Groomzillas. Giving Bridezillas a run for their money, these demanding grooms are most likely to breathe fire when it comes to the guest list, music selections and honeymoon plans.

It's hardly surprising that grooms want to be involved in wedding planning; this is, after all, their day, too. The survey found that 18 per cent of brides wouldn't trust their groom to make any decision without input from them, and that 41 per cent of brides don't even trust their groom to pick out their own tux.

It's no wonder guys are pushing back a little. You are going to be in a marriage together, right? So it seems obvious that you would start your lifelong union by planning the best day of your lives together.

"We've become used to the traditional notion that the bride plans every detail of the big day," said Brian Beitler, chief marketing officer at David's Bridal. "But what we're witnessing in our stores is a shift in brides and groom stereotypes. Grooms are not only stepping up to the planning plate, but diving into wedding day decisions and brides appreciate their contributions. From our perspective, and from my personal experience, weddings that are planned in partnership are often the best and most personal."

For more, visit 2life.io/weddings.

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KATE DRUMMOND

There are many varieties of wedding cakes from which to choose for your special day. SERGEY RYZHOV/SHUTTERSTOCK

Sweet part of planning

KATE DRUMMOND
2life

Whether you opt for a seven-tiered cake adorned with rhinestone-encrusted ribbon, separate his and her cakes or individual mini cakes (one for each guest), choosing your cake is the sweetest element of wedding planning.

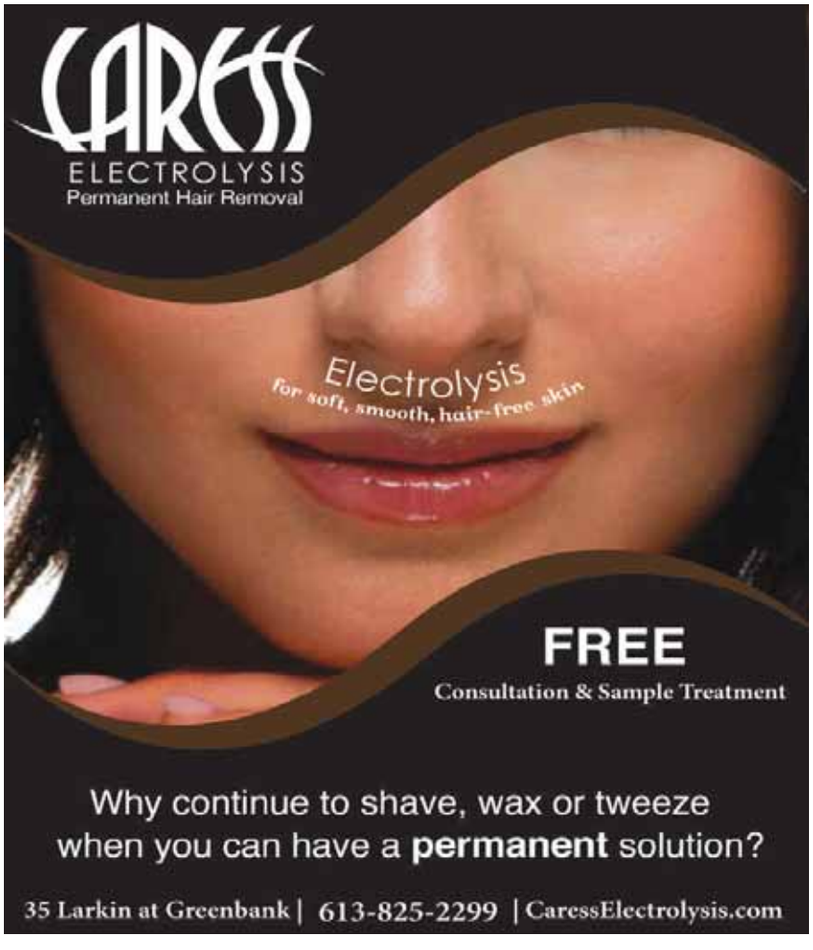
Dana (The Sugar Daddy) Herbert, a celebrity chef and winner of Season 1 of TLC's Cake Boss: The Next Great Baker, serves up his best tips for what couples need to know when it comes to their wedding cake.

Do your research. Get recommendations from friends, read online reviews and check out bakers' websites to see photos of their work. You want to choose a baker whose style is in line with the vision you have for your cake. "There are all kinds of bakers out there that are capable of different things, but not everyone does every style or technique," Herbert said.

Once you have chosen a baker, book a consultation so you can discuss how your dream wedding cake will look and taste. Herbert suggests that couples bring a copy of the wedding invitation, swatches of colour(s) from bridesmaids dresses or decor elements, a picture of the reception room and photos of cakes that you have seen in magazines or online that you like. Plus, you will get to try some tastings to determine your favourite cake/icing combo.

Herbert has a few suggestions for couples who can't say "I do" to the same cake style or flavour. Mix it up and choose a different flavour for each layer, which can be covered with the same icing on the outside. Go half and half by decorating one side of the cake from a female's perspective and the other side from a male's perspective. Or have two separate cakes — one for the bride and one for the groom. If neither of these options work, you could always go with an assortment of cupcakes, which Herbert says are still popular for weddings.

For more information, please visit 2life.io/weddings.



Need to know. How to choose a planner

KATE DRUMMOND
2life

What's the difference between a wedding planner and an on-site co-ordinator? Should you hire one if you have the other? How do you make your big day memorable for your guests?

Toronto event planner extraordinaire Melissa Andre of Melissa Andrew Events answers some questions when it comes to choosing a wedding planner.

Q What are the main differences between a venue co-ordinator and wedding planner?

A The site co-ordinator works for the venue, so they work with the kitchen, handle venue logistics and organize their staff. The wedding planner works for the couple. A planner would discuss decor details with the client beforehand and maybe decide that, even though 90 per cent of the time the venue puts the cake table over there, we want it somewhere else. We do everything from creating custom designs to taking your bridal party's cellphone numbers in case we need them throughout the day. It's a different level of service. So a planner really takes care of an entire day when you think of day-of co-ordination, whereas a site co-ordinator is really focused on venue-specific details while you're at the venue.

Q What is your No. 1 tip for couples who are looking to work with a wedding planner?

A A couple should hire a planner that offers a service they are expecting to get. A lot of people who hire me are really looking for a designer, whereas other people are just looking for someone to guide them in the right direction. Other people are looking for someone to help make DIY projects. You have to hire a planner that does whatever it is that you want because there are so many types of planners.

Q Are there any major dos or dont's for couples who want to work with a wedding planner?

Trust your wedding planner, says event planner Melissa Andre. OLIVEROMG/SHUTTERSTOCK

A Trust your planner, that's my rule. Our timelines are so different from someone who is planning their own wedding. Some people get nervous and say, "My bridesmaid is also engaged and she's already booked linens ... how come I haven't booked linens?" But I might not have ordered linens yet because I have insight into a new line of linens coming out that I want to hold back for. Another thing people do is to skip ahead to the stuff that they want to do, and that's something you should really trust your planner on, too. I find that you should trust your planner and the timeline and the process because, if they have a lot of experience, that's their process for a reason.

Q A couple will always remember their big day, but what are some of the things that make a wedding memorable for their guests?

A I think that a lot of people plan their wedding with all of their favourite things, which is important, but you do need to remember that it's an event that you're actually hosting for other people. I had someone who didn't want fruits and vegetables at the wedding because they personally didn't like fruits and vegetables, but you have to keep your guests in mind. If you exclusively like to listen to hip hop or jazz, you should include those elements because you love them, but remember that you're hosting 100 or 200 or 500 people.

For more information, please visit 2life.io/weddings.

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A special twist for your vows

SARA HODON
2life

Adding your own special twist to your vows can bring even more meaning to your big day if you put a little bit of thought into it. BLEND IMAGES/SHUTTERSTOCK

You've found the perfect spouse. You've found the perfect dress. You've planned your wedding down to the smallest detail, except for one teeny, tiny little thing — what are you actually going to say to each other?

Many couples ditch the formally scripted "I dos" for something a little more personal and reflective of their actual relationship. Adding your own special twist to your vows can bring even more meaning to your big day if you put a little bit of thought into it.

Follow these tips to help you craft the most important words you will likely say to another human being.

Vow or promise something specific. Traditional wedding vows are a little bit vague. If you are writing your own, be more specific. Alisa Bowman, author of Project Happily Ever After: Saving Your Marriage When the Fairytale Falters, says it's better to promise something small, but achievable. "If you want your vows to be effective and hold you together and keep your marriage strong, you want a few promises you can fulfil every day. For example, say something like, 'If I do something wrong, I will apologize.' It sounds basic, but it's often difficult for people to do," she said.

Match the tone of your ceremony. Ultimately, the entire day should reflect you as a couple, and this includes your vows. Although you don't have to share your exact words with your mate, talk about it ahead of time and agree on a general tone.

Write a rough draft and set a time limit. Writing anything is a challenge, but trying to come up with the right words to express the depth of your commitment to another person can seem downright impossible. Don't let it intimidate you. Sean Platt, writer and owner of Ghostwriter Dad, an advice site for writers of all levels, suggests some pre-writing to get the creative juices flowing. "Set yourself a time limit and see how much you can write in that time," he said. "The faster you write, the closer you'll come to your natural voice. Write as much as you can and use that as a rough draft to massage what it is you really want to say."

Don't worry about what others will think. You are front and centre, vowing a lifetime commitment in front of God and grandma and everyone in between, so you don't want to say something too personal or embarrassing. But for all the input your loved ones may have had on your day, do not let them influence your words to each other. It's you making this commitment to another person — not grandma. "People really worry about what others will think, but this should be the least of your concerns," Bowman said. "Your vows are for you — keep that goal in mind and the rest will fall into place. Reciting your vows can be a very powerful moment."

Revisit your vows. Don't toss those vows after the ceremony. Keep your written words in a special place that holds great importance for you. After the first few months of wedded bliss, take them out every so often (on your anniversary, for instance) to see if you are both keeping up your end of the marital bargain.

For more information, please visit 2life.io/weddings.

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Fully recovered

Osmond fresh for Olympic run

Two injuries have derailed most of Kaetlyn Osmond's rookie Olympic season, but she and her coach have managed to find a silver lining.

Osmond said she's fully recovered from both a stress reaction in her left ankle, and a torn right hamstring, and is skating in practice better than at any other time in her relatively short career.

Kaetlyn Osmond
THE CANADIAN PRESS

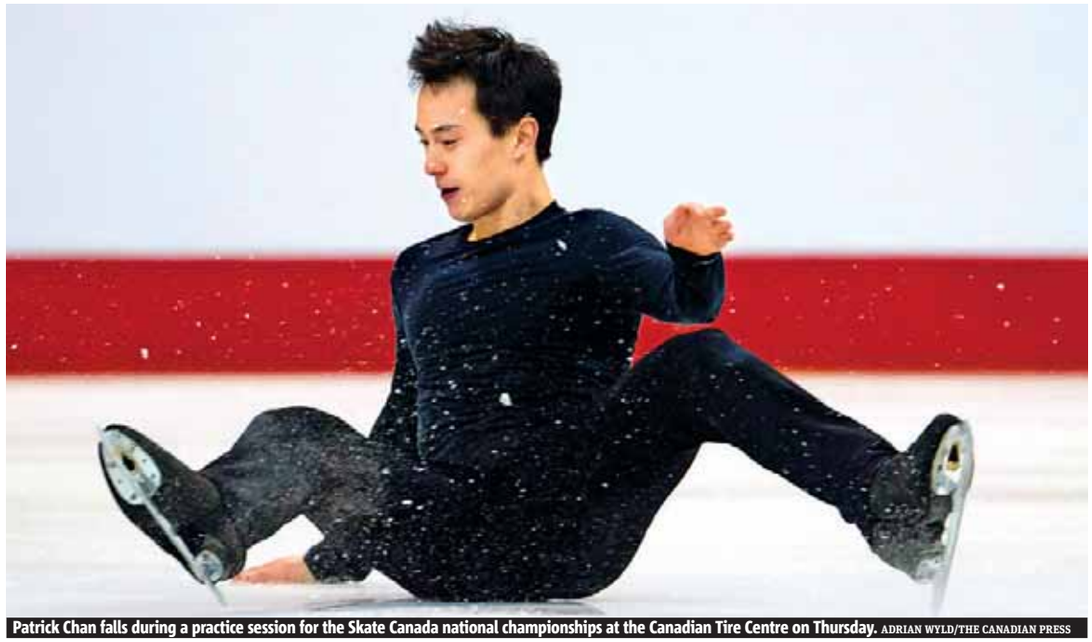
And when the curtain comes up on the Sochi Olympics next month, Osmond will at least be fresh.

"I think it will end up being a real advantage for her," her coach Ravi Walia said. "Some people are exhausted at the end of the season, and I think she won't be. She's just getting better. This last month of training, she's just gotten so much better. And I really believe that she has a lot more in her this season to keep improving."

The 18-year-old from Marystown, N.L., should be a lock for one of Canada's two Olympic berths in women's singles, and is Canada's most promising female skater since the retirement of Joannie Rochette.

"(Making the Olympic team) still hasn't fully crossed my mind, I think it's still such a shocker to even think of the possibility, so I don't think it will fully register until I actually make it," Osmond said.

THE CANADIAN PRESS


Patrick Chan falls during a practice session for the Skate Canada national championships at the Canadian Tire Centre on Thursday. ADRIAN WYLD/THE CANADIAN PRESS

Chan sitting atop the figure skating world

In rare form. 23-year-old looking for seventh straight Canadian senior title; among skaters to beat in Sochi

Quoted

"(Patrick Chan) is going to need to be focused because the competition is getting close to him now."

Three-time world champion Elvis Stojko, on the men's figure-skating field at Sochi.

Patrick Chan said he was like a "puppy in puppy daycare" at the Vancouver Olympics four years ago, a wide-eyed teenager at his first party, where everyone was cool and everything was free.

"It was so exciting, like 'Oh my god, there are so many cool things. Cool clothes. And the gym's right here.' Everything is available to you," Chan said Thursday, the eve of the Skate Canada national championships.

Chan only turned 23 on New Year's Eve, but he's a veteran on a completely different comfort level from the "deer in the headlights" who finished fifth in Vancouver. A move to Detroit last spring that also meant a split with his mom Karen (they'd been living together in Colorado Springs) hastened the maturing process.

"Now it will be more normal (in Sochi) because I live on my own," Chan said. "I had the chance to have that excitement living on my own and going to the grocery store, and be like 'I want Oreo cookies today,' or 'I want ice cream.'

"I'm in complete control of what I want, so going to the Olympics will be more of a comfortable feeling as opposed to summer camp kind of feel."

Chan, who will take aim at his seventh straight Canadian senior title this week, has become the skater to beat at Sochi since winning three consecutive world crowns. At the Trophee Bompard Grand Prix in November, he ran away with gold, smashing the world records in the short and long program, and for overall score, to finish a whopping 31 points ahead of closest pursuer Yuzuru Hanyu of Japan.

THE CANADIAN PRESS

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Ex-Sens star Redden ready for retirement

NHL. Defenceman's 11 seasons in Ottawa were best of distinguished career

Wade Redden celebrates a goal against the Hurricanes on Feb. 27, 2007, in Raleigh, N.C. The former Senators stalwart retired on Thursday.
KARL B. DEBLAKER/THE ASSOCIATED PRESS

Former Ottawa Senators all-star defenceman and World Cup of Hockey gold medallist Wade Redden retired Thursday after a 14-year NHL career.

Redden played a total of 1,023 regular-season games with Ottawa, the New York Rangers, St. Louis and Boston. He finished with 457 points (109 goals, 348 assists) and a plus-160 rating over his career.

"I would first and foremost like to thank my family and friends for their unconditional love and support," Redden said in a statement released by the NHL Players' Association. "I would also like to thank my teammates, coaches and staff for all the great memories created throughout the years. To the fans, I appreciate all your support throughout my career.

"Playing in the National Hockey League has been a dream come true and I feel very proud and privileged to have played more than 1,000 games in 14 NHL seasons."

Redden also had 49 points (13-36) in 106 career playoff games.

The native of Lloydminster, Sask., was drafted second overall by the New York Islanders in the 1995 draft but never played for the team. He was dealt to the Senators along with goaltender Damian Rhodes for goalie Don Beaupre, forward Martin Straka and the rights to defenceman Bryan Berard on Jan. 23, 1996.

Redden played in all 82 games as a rookie with Ottawa in the 1996-97 season, scoring six goals and adding 24 assists.

In 2001-02, he had 34 points, a plus-22 rating and played in the all-star game. The following season, Redden had 45 points and averaged a career-high in ice-time at 25:24.

In 2003-04, he set a career-high in goals with 17 and was selected to his second career all-star game but did not play due to an illness.

He was a key part of Ottawa's run to the Stanley Cup final in 2007. After playing the first 11 seasons of his NHL career in the nation's capital, the New York Rangers signed Redden to a $39-million US, six-year contract on July 1, 2008.

THE CANADIAN PRESS

NFL

Colts expect icy return to Foxboro

Colts kicker Adam Vinatieri
GETTY IMAGES

Adam Vinatieri has warmed up to those chilly New England receptions.

Sometimes, he hears cheers. Sometimes, he hears boos.

It's all part of life as an ex-Pat in one of football's fiercest rivalries — even for a kicker who signed with the Colts eight years ago.

"It's the (Red) Sox-Yankees, if you will, that kind of thing where I think both teams respect each other and know what comes to the table," Vinatieri said.

The storylines in this annual series have traditionally started and ended with the quarterbacks — Tom Brady, Peyton Manning and now Andrew Luck.

But the ties run so much deeper, especially given Indianapolis' ever-expanding list of former Patriots.

In addition to Vinatieri, there's cornerback Darius Butler, who may replace injured starter Greg Toler in Saturday night's playoff game, with the winner advancing to the AFC championship game. Butler was New England's second-round pick in 2009, and since joining the Colts in September 2012, he's intercepted eight passes and returned three for scores.

Safety Sergio Brown spent two seasons with New England (12-4) before landing with Indy last season, too. If LaRon Landry doesn't clear the concussion protocol before kickoff, the special teams standout could be starting, too.

And on Monday, the Colts added another New England fan favourite — receiver Deion Branch, the Super Bowl MVP in the Patriots' last title run. THE ASSOCIATED PRESS

MLB. Highly-touted pitcher arrives in America

Free agent Japanese pitcher Masahiro Tanaka has arrived in the United States to meet with major league teams.

Big-league clubs have until 5 p.m. on Jan. 24 to sign the star 25-year-old right-hander.

Tanaka was 24-0 with a 1.27 ERA last year for the Japan Series champion Rakuten Golden Eagles, who made him available.

ESPN reported Tanaka met with Chicago White Sox management in Los Angeles.

He is being represented by agent Casey Close and plans to have a physical in the U.S. that can be reviewed by major-league teams. THE ASSOCIATED PRESS

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NFL

Gruden hired to revamp Redskins

Jay Gruden says he doesn't care about the Washington Redskins' tumultuous past, and he has built a "genuine" trust with franchise player Robert Griffin III.

The former Bengals offensive co-ordinator was introduced Thursday as coach of the Redskins. He signed a five-year deal Wednesday as the successor to Mike Shanahan, who was fired last week after a 3-13 season. THE ASSOCIATED PRESS

MLB

Le Batard barred from HOF voting

Dan Le Batard has been kicked out of the Baseball Writers' Association of America for one year and barred from future Hall of Fame votes after the Miami Herald columnist turned over his 2014 ballot to a website that allowed readers to choose the selections.

The decision was made Thursday by the BBWAA board of directors, a day after Le Batard said he let deadspin.com cast his ballot. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	43	28	13	2	126	94	58
Tampa Bay	43	26	13	4	123	102	56
Montreal	45	25	15	5	115	106	55
Detroit	43	19	14	10	114	121	48
Toronto	44	21	18	5	122	132	47
Ottawa	45	19	18	8	129	145	46
Florida	43	16	21	6	102	136	38
Buffalo	42	12	26	4	74	118	28

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	45	32	12	1	147	107	65
Philadelphia	44	23	17	4	117	119	50
N.Y. Rangers	45	22	20	3	111	121	47
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
New Jersey	44	17	18	9	103	113	43
Columbus	43	19	20	4	117	126	42
N.Y. Islanders	45	16	22	7	124	149	39

Thursday's results
Dallas at New Jersey
Toronto at Carolina
Florida at Buffalo
Washington at Tampa Bay
Anaheim at Nashville
St. Louis at Calgary
Minnesota at Phoenix
Boston at Los Angeles
Detroit at San Jose

Wednesday's results
Colorado 4 Ottawa 3 (OT)
N.Y. Rangers 3 Chicago 2
Philadelphia 3 Montreal 1

Friday's games — All Times Eastern
Dallas at N.Y. Rangers, 7 p.m.
Toronto at Washington, 7 p.m.
Carolina at Columbus, 7 p.m.
N.Y. Islanders at Colorado, 9 p.m.
Pittsburgh at Edmonton, 10 p.m.
St. Louis at Vancouver, 10 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	46	29	8	9	169	127	67
St. Louis	42	30	7	5	155	97	65
Colorado	43	27	12	4	127	111	58
Minnesota	45	23	17	5	108	114	51
Dallas	42	20	15	7	123	131	47
Nashville	44	19	19	6	105	131	44
Winnipeg	46	19	22	5	125	139	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	45	32	8	5	151	113	69
San Jose	44	27	11	6	144	114	60
Los Angeles	44	26	13	5	114	91	57
Vancouver	45	23	13	9	121	113	55
Phoenix	42	21	12	9	129	127	51
Calgary	43	15	22	6	100	137	36
Edmonton	46	14	27	5	119	161	33

Note: Two points for a win, one point for overtime loss.

Saturday's games
Tampa Bay at Philadelphia, 1 p.m.
Chicago at Montreal, 7 p.m.
Ottawa at Nashville, 7 p.m.
Columbus at Winnipeg, 7 p.m.
Florida at New Jersey, 7 p.m.
Colorado at Minnesota, 8 p.m.
Anaheim at Phoenix, 8 p.m.
Pittsburgh at Calgary, 10 p.m.
Detroit at Los Angeles, 10:30 p.m.
Boston at San Jose, 10:30 p.m.

Sunday's games
Buffalo at Washington, 3 p.m.
N.Y. Islanders at Dallas, 6 p.m.
New Jersey at Toronto, 7 p.m.
Edmonton at Chicago, 7 p.m.
Philadelphia at N.Y. Rangers, 7 p.m.
Minnesota at Nashville, 7 p.m.
Detroit at Anaheim, 8 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	24	41	65
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	20	29	49
Kunitz, Pgh	23	25	48
Thornton, SJ	5	43	48
Sharp, Chi	25	22	47

Not including last night's games

NFL PLAYOFFS

DIVISIONAL PLAYOFFS

Saturday's games — All Times Eastern
NFC — New Orleans at Seattle, 4:35 p.m.
AFC — Indianapolis at New England, 8:15 p.m.

Sunday's games
NFC — San Francisco at Carolina, 1:05 p.m.
AFC — San Diego at Denver, 4:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	28	7	.800	—
d-Miami	27	8	.771	1
Atlanta	19	17	.528	9½
d-Toronto	17	17	.500	10½
Washington	16	17	.485	11
Chicago	15	18	.455	12
Charlotte	15	21	.417	13½
Brooklyn	14	21	.400	14
Detroit	14	22	.389	14½
Boston	13	23	.361	15½
New York	12	22	.353	15½
Cleveland	12	23	.343	16
Philadelphia	12	23	.343	16
Orlando	10	25	.286	18
Milwaukee	7	27	.206	20½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	28	8	.778	—
d-Oklahoma City	27	8	.771	½
Portland	27	9	.750	1
d-L.A. Clippers	25	13	.658	4
Houston	23	13	.639	5
Golden State	24	14	.632	5
Phoenix	21	13	.618	6
Dallas	20	16	.556	8
Denver	17	17	.500	10
Minnesota	17	18	.486	10½
New Orleans	15	19	.441	12
Memphis	15	19	.441	12
L.A. Lakers	14	22	.389	14
Sacramento	11	22	.333	15½
Utah	12	25	.324	16½

d — division leaders ranked in top four positions.

Thursday's results
Miami at New York
Oklahoma City at Denver

Wednesday's late results
Toronto 112 Detroit 91
Atlanta 97 Indiana 87
L.A. Clippers 111 Boston 105
Washington 102 New Orleans 96

Friday's games — All Times Eastern
Detroit at Philadelphia, 7 p.m.
Washington at Indiana, 7 p.m.
Houston at Atlanta, 7:30 p.m.
Charlotte at Minnesota, 8 p.m.
Miami at Brooklyn, 8 p.m.
Phoenix at Memphis, 8 p.m.
Dallas at New Orleans, 8 p.m.
Chicago at Milwaukee, 8:30 p.m.
Cleveland at Utah, 9 p.m.
Orlando at Sacramento, 10 p.m.
Boston at Golden State, 10:30 p.m.
L.A. Lakers at L.A. Clippers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
There are so many ambitions you want to pursue and so many goals you want to reach, but not even an Aries can do everything at once. Decide what is the top thing that needs to be done — and do it.

♉ Taurus
April 21 - May 21
The planets indicate this is the perfect time to sit quietly and ponder the meaning of your existence. If that sounds a bit too intellectual, just plan your next big vacation.

♊ Gemini
May 22 - June 21
The first step toward resolving a problem is to recognize that there is a problem, and that is the step you must take today. For too long, you have ignored the warning signs.

♋ Cancer
June 22 - July 23
Be completely honest with everyone you deal with today, even if it means you hurt their feelings. If you lie, despite the best of intentions, they will find out later and take it as a sign you cannot be trusted.

♌ Leo
July 24 - Aug. 23
If you have done something you are proud of then shout about it. You are no stranger to drawing attention to yourself but this is one of those occasions when you have every right to go on a lap of honour.

♍ Virgo
Aug. 24 - Sept. 23
Take care you don't get lulled into a false sense of security and end up making the kind of silly mistake you usually work so hard to avoid. Check every detail over the next 24 hours.

♎ Libra
Sept. 24 - Oct. 23
Make an effort to put squabbles behind you. That might seem like a tall order considering how fragile certain relationships have been but it will be easier than you imagine.

♏ Scorpio
Oct. 24 - Nov. 22
Interesting information will come your way over the next 24 hours, making it easier for you to get your way. Once others realize you are ahead of the game, they are much more likely to do as you say.

♐ Sagittarius
Nov. 23 - Dec. 21
Be positive about what happens today. Look on the bright side and realize that negativity of any kind will only add to your problems. Most of the world's population would give its right arm to be you.

♑ Capricorn
Dec. 22 - Jan. 20
Start something that helps you make your mark on the world. Don't worry that certain people might not approve. It's a sure sign that you are doing something worthwhile.

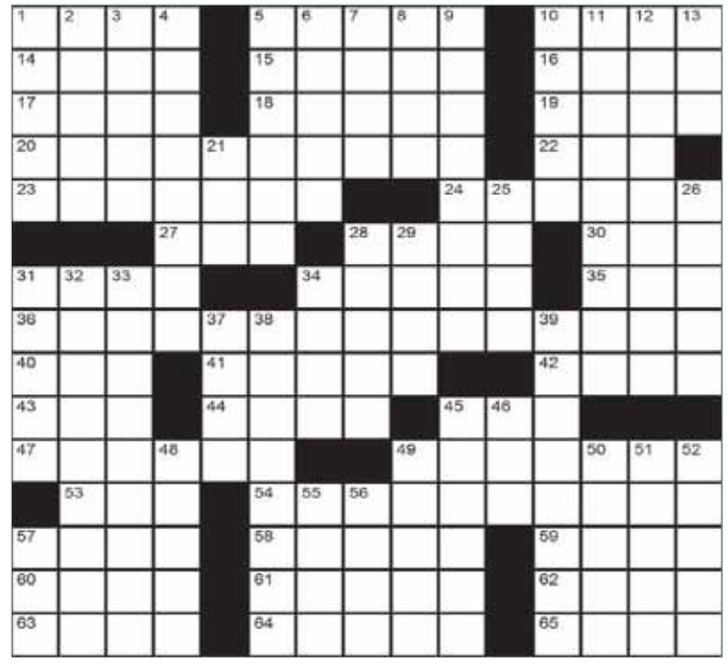
♒ Aquarius
Jan. 21 - Feb. 19
Don't reject an idea just because it seems impractical. A few days from now, you will see it in a light that makes you realize that if you want something enough, you can find a way to get it.

♓ Pisces
Feb. 20 - March 20
It may seem that you are lucky, but it isn't true. The cosmos rewards those who deserve it and no one deserves it more than you. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. __ dancing (Punk+rock dance style)
5. Ms. Lovato's
10. Billy Ray Cyrus' "__ Breaky Heart"
14. Matador's victim
15. Forcibly seize
16. "To __ __ not to..."
17. Observer
18. Plane seating request
19. Lakes, in Quebec
20. Profession for #28-Across: 2 wds.
22. Informally seat theatre-goers
23. Mottos
24. Concurs
27. Profound feeling
28. Ms. Olson of Food Network Canada
30. "Alice" waitress
31. Egotistically emote
34. Had pizza delivered: 2 wds.
35. Singer Janis
36. Rainwater harvesting is a source of it: 2 wds.
40. 'Lobby' suffix
41. Piano's D Sharp key alternatively, _ __
42. Actress/singer Ms. Michele's
43. Q. "Who's that novelist Mr. Lawrence?" A. "_._., _ believe."
44. Some: 2 wds.
45. Actor Mr. Wheaton
47. Esoteric
49. Newspaper piece
53. Sarah McLachlan song
54. CRTC = Canadian Radio-television and Telecommunications __
57. Face part
58. Characteristic
59. Quiz
60. Katarina of figure skating
61. www mag
62. Margarine
63. Deuce-ace
64. Giver
65. Average

Down

1. Footprints
2. Faithful
3. "You __ __ Beautiful" by Joe Cocker
4. CMHC = Canada __ and Housing Corporation
5. The Rock, aka __ Johnson
6. Hockey great Mr. Lindros, and namesakes
7. Go together well
8. Archipelago part
9. "Hart to Hart" star Ms. Powers
10. Q. "'Song 2', do you know it?" A. "Yes, it's _ __ song from 1997."
11. Peace, in wartime
12. Present-day Montreal in French explorer Jacques Cartier's time
13. Decade divs.
21. Carrot-consuming choice, cooked or __
25. "The Journey of Natty __" (1985)
26. Some electronics
28. Attorney-__-__
29. Nair competitor
31. Water filter company
32. Quentin Tarantino's "__ Dogs" (1992)
33. 'Cemetery of the Gulf' in Quebec, __ Island
34. Competent
37. Gradually withdraw
38. Influenced
39. Newfoundland town, 'The Root Cellar Capital of the World'
45. Author
46. The thing's
48. Have an __ __ grind
49. __ acid
50. Sky: Spanish
51. NBC's "The Biggest __"
52. Insects sci.
55. Pasta kind
56. Central
57. Nunavut's neigh.

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			2					
1				7	6		5	
	6	2		8		9	3	4
	4					5	7	
			1		8			
	8	9					1	
2	3	5		4		1	9	
	1		3	9				7
					2			

Yesterday's Sudoku

2	5	6	8	7	3	4	1	9
4	1	9	2	6	5	7	8	3
3	7	8	9	4	1	2	6	5
9	6	1	5	8	7	3	4	2
5	3	2	4	1	6	9	7	8
7	8	4	3	9	2	6	5	1
6	9	5	7	2	8	1	3	4
1	2	3	6	5	4	8	9	7
8	4	7	1	3	9	5	2	6

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LAUNDRY PAIR WAS: $1499.99
NOW: $1399.99

FRONT-LOAD WASHER (WFW70HEBW) • 4.7 Cu. Ft. Capacity • Adaptive Clean Wash • Precision Dispenser
DRYER (YWED70HEBW) • 7.4 Cu. Ft. Capacity • Advanced Moisture Sensing • Wrinkle Shield™ option

FRIDGE WAS: $1599.99
NOW: $1399.99

STOVE WAS: $999.99
NOW: $799.99

Whirlpool

DISHWASHER WAS: $799.99
NOW: $599.99

FRENCH DOOR REFRIGERATOR (WRF532SNBM) • 21.7 Cu. Ft. Capacity • Temperature-Controlled Full-Width Pantry • Electronic Temperature Control **ELECTRIC RANGE** (YWFE530C0AS) • 5.3 Cu. Ft. Capacity • AccuBake® Temperature Management • TimeSavor™ Convection Cooking **DISHWASHER** (WDF530PAYM) • Resource - Efficient Wash System • Auto Soil Sensor • Eco Dry Option

KitchenAid®
FOR THE WAY IT'S MADE®

FRIDGE WAS: $1799.99
NOW: $1599.99

STOVE WAS: $1399.99
NOW: $1199.99

FRENCH DOOR REFRIGERATOR (KFFS20EYMS) • 19.6 Cu. Ft. Capacity • Interior Water Dispenser • Slide-Away Shelves
ELECTRIC RANGE (YKERS202BSS) • 6.2 Cu.Ft. Capacity • AquaLift® Self-Clean Technology • Double-Ring Elements

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